

**COVID-19 UPDATE:** Beginning May 18, 2020, Academy members have the option of attending the Academy or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](http://AcademySRQ.org). These guidelines have been established based on consensus by Academy members, staff and Board of Directors. They are subject to change at the discretion of the Academy community. These guidelines will be reevaluated on an ongoing basis and are subject to future modification. We Are Stronger Together.

## MY HERO'S JOURNEY

by Naomi Treece

For the last six weeks I have been working with Jodi-lee Weiss in her Writer's Workshop. The participants are writing based on Joseph Campbell's "Hero's Journey." Joseph Campbell was an American professor of literature who taught Comparative Mythology. His work covers many aspects of the human experience. The "Hero's Journey" itself is structured on three major steps that most fiction follows. These three steps are Departure, Initiation, and Return. Our Hero's Journey begins with the departure from the character's ordinary world. It continues with the call to adventure (initiation) then an ordeal and finally the triumphant return.



Naomi Treece

Our writing, though a work of fiction, casts ourselves as the hero. My character, though living on this planet, is not even human. His story is a metaphor for my own. It details many challenges in his life but will end triumphantly in much more fortunate circumstances. Most fiction whether it be a blockbuster movie or the writing of any major author follows a pattern of events and is structured on this hero's journey. Jodi-lee points out that although our lives are not complete, we have faced many difficulties and have worked hard to overcome them. We are, in fact, all heroes!

## BOLO ALERT

The Summer 2020 issue of our quarterly newsletter is in the mail. Not on our mailing list? Please visit our website, [AcademySRQ.org](http://AcademySRQ.org), and complete the "Stay Updated" box on the home page with your name and email address.



(left to right) Aaron Collmer, Ian Churchill, Eric Broderick and Eric Flanagan prepare the quarterly newsletter to be mailed.

## Wellness

by Eric Flanagan

Last week for Wellness Wednesday we did a beginner Tai Chi session. Before we started I had images in my head of elderly Chinese people doing Tai Chi in parks, so I thought it would be a very easy, relaxing time. It turned out to be more challenging than I expected! While the moves would be easy to do, the slow and deliberate nature of Tai Chi makes it a surprising workout. It definitely got my blood pumping and I feel more awake and less spacey than I usually would in the late afternoon. I enjoyed it so much that I will definitely do more of it on my own.



Eric Flanagan



(left to right) Ian Churchill, Frank Taliencio, Eric Flanagan, Ben Burnside and Patricia Haltinner learn more about Tai Chi in the Academy dining room while others join from home via Zoom.



No-contact food drive available. Just pull up to our front door and drop your donation in the barrel.

# THE UNITY IN COMMUNITY

by Ian Churchill

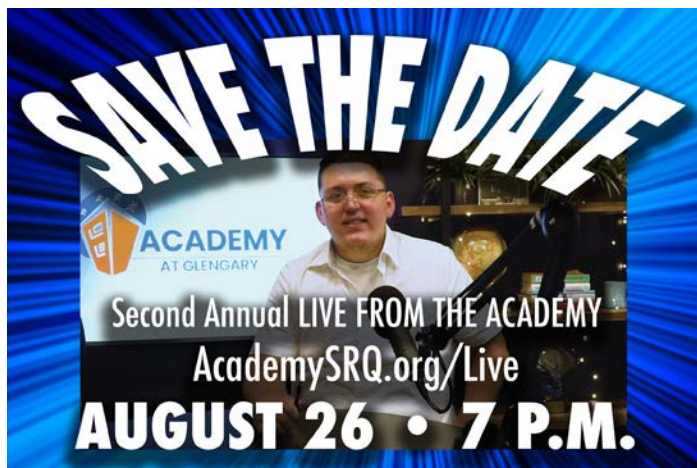
All Clubhouses have a way to integrate issues and topics such as events and team-based updates. We certainly incorporate those things in our daily meetings. However, we do have meetings that focus on the main issues and topics that face the whole Academy and how we will deal with them.



Ian Churchill

As many Clubhouses around the world grapple with how to maintain the health of everyone; staff and member alike amid the COVID-19 pandemic, many policies surrounding this have to be revised and implemented. This is best facilitated through meetings. And for us, it's our weekly Academy meetings. Although these meetings serve to address issues and concerns as is true for any Clubhouse, there is a deeper factor that lies within the meetings themselves that counters hierarchy and in its place, a level playing field upon which all voices are heard. Take for an example an organization that does use voting as a means of coming to a conclusion. Many problems can emerge from this; one being that there could be a surplus of staff voting than members. This results in a slighted hand if you will or an unequal voice. This is why for example, we don't vote, but instead come to a consensus. This aspect is not just important to our Clubhouse and in times of crisis, but everywhere and at any time. To reiterate, the way we decide what policy needs to be changed or revised is just as important as the content we decide on. This is why the Academy is the "unity" in "community."

## COMMUNITY



The Academy at Glengary is accredited by Clubhouse International and is made possible by a Public-Private Partnership. This newsletter is designed and printed on-site by the Arts and Communication team.

All events take place on-site at the Academy and through the Zoom app.

Watch Slack for Meeting ID and Password.

HYBRID WORK-ORDERED DAY

### Monday, July 6

Morning Meeting - 9 a.m.

Business & Tech/Arts Team Meeting - 9:30 a.m.

Culinary Team Meeting - 9:45 a.m.

Business & Tech/Arts Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

### Tuesday, July 7

Morning Meeting - 9 a.m.

Telethon Planning Meeting - 9:30 a.m.

Business & Tech/Arts Team Meeting - 9:30 a.m.

Culinary Team Meeting - 9:45 a.m.

Academy Meeting - 1:45 p.m.

Business & Tech/Arts Team Meeting - 2:15 p.m.

Culinary Team Meeting - 2:15 p.m.

### Wednesday, July 8

Morning Meeting - 9 a.m.

Business & Tech/Arts Team Meeting - 9:30 a.m.

Culinary Team Meeting - 9:45 a.m.

Newsroom Meeting - 11 a.m.

Business & Tech/Arts Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

Wellness Wednesday - 3 p.m.

### Thursday, July 9

Morning Meeting - 9 a.m.

Business & Tech/Arts Team Meeting - 9:30 a.m.

Culinary Team Meeting - 9:45 a.m.

Business & Tech/Arts Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

### Friday - July 10

Breakfast Buffet - 8:45 a.m.

Morning Meeting - 9 a.m.

Business & Tech/Arts Team Meeting - 10 a.m.

Culinary Team Meeting - 9:45 a.m.

Employment Workshop - 11 a.m.

Writing Workshop - 1 p.m.

Business & Tech/Arts Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

## TO MAKE A DONATION

visit our website

[AcademySRQ.org](http://AcademySRQ.org)

and click on the  button

*Thank you for transforming lives!*

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