

# G.O.C. GAZETTE

THE NEWSPAPER FOR THE  
GAINESVILLE OPPORTUNITY CENTER

## OUR FIRST NEWSLETTER...

We are a new clubhouse started in Gainesville, Fl. We have a lot to do and we have a lot to share! As of right now we call ourselves a “clubhouse without walls” because of funding and we are still trying to locate a building for the clubhouse. *Fund-*

*ing is humbly asked for and proudly accepted.* The Gainesville Opportunity Center is dedicated to providing help for any person who has any type of serious mental illness with the goal to make their life better. You can come by when you don’t

want to be alone. You can do jobs that are offered in the clubhouse that keeps it running. You can even work yourself up to go to work for 6 months a time. We call it Transitional Employment. The clubhouse is a great place to come!

-Sandy Callan, Editor

## Welcome!

Why wait? That’s what previous clubhouse directors have told me. First and foremost a clubhouse is about community. The building, which we hope will come soon, is the place that the members, staff and friends will gather, share resources and call their own. *While* we are waiting we have decided to go ahead with many of the activities of a clubhouse without actually having a clubhouse. We call it our “Clubhouse Without Walls” program. Which is our way to build the clubhouse community while we gather resources and secure more funding for what will become our center. C.W.W. is a creative endeavor indeed!

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For those of you who are not familiar with us - a

*clubhouse is a center that gathers people with a diagnosis of serious mental illnesses and provides a community center with activities that help members receive support for employment, education, housing, socializing and provide mutual support with an intentionally small staff to help.*

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Well, we can’t be anything smaller as far as staff goes... for now it is just me! But I’m not alone! Besides a committed and supportive board of directors we have charter members who this past January and February were involved in advocating for more funding from the State. (See page 3— Community Education) Members were also actively planning trips to local clubhouses to experience

clubhouses firsthand. Through these trips members have brought back ideas which they are hoping to implement in “GOC”.

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A special appreciation goes out to our GOC Board Members, *Meridian Behavioral Healthcare* and the local *Department of Children and Families*. Also those who have made private donations to the clubhouse! Our most recent grants come from **Altrusa International of Gainesville** and **The Able Trust**. It is worth mentioning that *The Able Trust* is singularly funding the “Clubhouse Without Walls” program.

Mike Demers,  
Executive Director

## A CLUBHOUSE WITHOUT WALLS...*what we are doing while working on a home..*

- Publish a newsletter Outreach to other potential members.
- Speak to community leaders and programs about the clubhouse.
- Visit other clubhouses to get ideas and inspiration.
- Have meetings to educate ourselves about clubhouse, support each other and help develop the club.
- Setup a support system for each other.
- Help with fundraising
- Socialize
- Attend conferences and workshops



Gainesville Opportunity Center, Inc.



### Inside this issue:

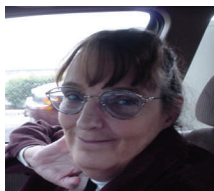
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NAMI WALK MARCH 22 !



## Member Highlight!

### *Sandy Callan*



Read Sandy's story on our Webpage at: [www.goclubhouse.org](http://www.goclubhouse.org)

"Donations to GOC are always kindly accepted"

## *Sandy Callan to head up the newsletter as editor...*

As the director of the clubhouse I thought I would save Sandy from having to write about herself. Plus I wanted the chance to brag a little about her.

Sandy Callan is a charter member of the Gainesville Opportunity Center. Her commitment and willingness to help at any time has proved to be an enormous help to me personally. Most recently we have been awarded a \$35,000 grant from **The Able Trust**. The funding includes the creation of the *Clubhouse Without Walls* pro-

ject. This project is geared to generate the interest of the community and the participation of new members. From this group of new clubhouse members will come the core community for our clubhouse. Sandy is at the head of this project. She leads mostly by example and helps with outreach to other members. More specifically, she will be our editor for this our "GOC Gazette" newsletter. Sandy tells me that she wants to keep the newsletter simple at first and develop the content more as more people get involved and the club-

house community grows.

So when you see Sandy... give her a scoop and don't forget to let her know how much we all appreciate her taking the time to make the *Clubhouse Without Walls* project a success. Even more importantly, thank her for helping to set the foundation for a clubhouse that will offer many members, for years to come, an opportunity to reach their dreams!

*Mike Demers, Executive Director*

# March 2008

| Monday                | Tuesday   | Wednesday  | Thursday   | Friday | Saturday                                  | Sunday |
|-----------------------|---|--|--|--------|---|--------|
|                       |   |  |  |        | 1   | 2      |
| 3                     | 4   | 5  | 6  | 7      | 8   | 9      |
| Board Meeting<br>6 pm |   | Clubhouse With-<br>out Walls<br>Meeting:<br>10:am to<br>12:Noon    |  |        |   |        |
| 10                    | 11  | 12   | 13   | 14     | 15  | 16     |
|                       |   | <b>F.C.C. Meet-<br/>ing in Talla-<br/>hassee 10 am<br/>to 2 pm</b> | <i>Movie:<br/>"Canvas" at the<br/>Hippodrome</i> |        |   |        |
| 17                    | 18  | 19   | 20   | 21     | 22  | 23     |
|                       |   | Clubhouse With-<br>out Walls Meet-<br>ing: 10:am to<br>12:Noon     |  |        | NAMI WALK<br>8:00 am Reg.<br>9:00 am WALK |        |
| 24                    | 25  | 26   | 27   | 28     | 29  | 30     |
|                       | Visit to Club:<br>"Club Success",<br>Lakeland, FL | Clubhouse With-<br>out Walls Meet-<br>ing: 10:am to<br>12:Noon     |  |        |   |        |
| 31                    |   |  |  |        |   |        |

## Community Education

*Members write to the Governor!* To keep the clubhouse going we need to do many things. Funding is foremost. To get that funding we have to go to the Governor and ask for support. He needs to believe that the clubhouse is needed for this community for those with mentally illnesses. One way to get his attention is to write him letters.. You can tell him about yourself and what the clubhouse will do for you and why we need it in this community.

The more he hears from us the more he will realize how much the clubhouse is needed. Here is the address:  
Honorable Charlie Crist,  
Governor  
PL05, The Capital  
Tallahassee, FL.  
32399-0001

Attention:  
Health and Human Services Policy Unit :

## Building the future...a note to new members

It seems like as a mentally ill person we are told we have limitations. Some of us do. Some of us have walls around that we want to knock down, but don't know how. Thanks to Gainesville Opportunity Center, we have a clubhouse now that can help us knock down some or even most of these walls. Now there is something to look forward to each day. As the clubhouse community builds up and we have more members, you will look forward to coming each day and help with maintaining the building or going to work yourself through a Transitional Employment job or you can just come by to socialize. It's all there for you. Please come and enjoy it and tell others about the clubhouse so they too can come and get what they need out of it.—Sandy

## Member View... "Is Music Dead?" by Mike Lemay

Is music really dead? I mean look at the times we are living in. What do we call our decade anyway? The zeros? Just about every decade prior to ours in the Nineteenth century has had great music. So what happened to this decade!?

"Hip Hop is dead", says Nas. "Rock 'n Roll is dead", said Lenny Kravitz; although he said that years ago. Music just doesn't sound the same anymore. "Does anyone make real sh\*t anymore?"- (Kanye West.)

Let me give you an example of great music in the Nineteenth century and the decades they were in. In the '40's it was the blues and jazz mostly, and some folk music. Leadbelly performed in that decade.

In the fifties it was Chuck Berry, Elvis, Buddy Holly, Jerry Lee Lewis, Bill Haley and the Comets, Ben E. King, The Temptations, Gene Vincent, Bo Diddley, The Platters. The fifties had a real feeling of freshness for music.

Then in came the revolutionary '60's. The Beatles with two prodigies John Lennon and Paul McCartney The Beatles not only changed music history, but the history of our entire culture. It was ok for men to start wearing long hair, drug use wasn't so taboo. The fifties was all about conformity and The Beatles made the sixties about love. Psychedelic Rock bands like Jefferson Airplane were "out there". Creedence Clearwater Revival, John Fogarty is and was, a free spirited man, with a passion for music. Cream's Eric Clapton is a great guitarist in many peoples eyes. Elton John was very flamboyant.. Joe Cocker has a unique voice. David Bowie is a living legend and was a very ambiguous artist.. The Rolling Stones keep on rolling. Free, Traffic, Led Zeppelin had a following. Jethro Tull was

a famous performer. The sixties had a free love feel to it. The decade of music that most prominently changed music forever.

The seventies were interesting but bland. Disco sucked majorly; YMCA, The Bee Gees ,Abba. The Sex Pistols livened things up a bit. Punk rock was like a gateway to other music. The seventies were a mixed bag. You had artists like Libberachi playing at the same time as the Sex Pistols? The Who, The Misfits, Aerosmith (who still performs today.) Queen, started in the seventies; with Brian May on Guitar and the great Freddy Mercury who relished the adoration of the crowd. The seventies had a rebellious feel.

The eighties were pretty boring and basically the same genre. Flock of Seagulls. Duran Duran, Men at Work, Toto, Madonna (who really shook up the world with her shocking antics) , Bruce Springsteen (The Boss), Poison (not bad) , The Cars, Def Leppard, Paula Abdul, Blondie, Depeche Mode, U2, Foreigner, Peter Gabriel, Bon Jovi, Billy Idol, INXS, Kenny Loggins, Men without Hats, George Michael (a bi-sexual talented man), Morrissey, New Kids on the Block, Gary Numan, Robert Palmer, Pixies, The Pretenders, Prince, REM, Talking Heads, Beastie Boys etc. The exception of the eighties (in my opinion) was Guns 'n Roses. Guns 'n Roses had a kick as\* guitarist in Slash, a great songwriter and singer in Axel Rose, and Duff and Iggy were good performers too. Guns 'n Roses stage presence was awesome. A good thing about the eighties was the invention of hip hop or rap. LL Cool J, Beastie Boys, Run DMC, Grand Master Flash, Public Enemy started it off.

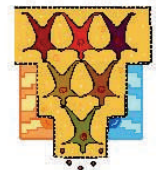
The Ninety's were a trip for me growing up. The Red Hot Chili Peppers were great, with "Flea's" funky bass riffs. Nirvana defined the early nineties with grunge. Pearl Jam, Sound Garden, Alice in Chains, and

Mud Honey were other grunge bands. 2 Live Crew, Onyx, Sir Mix a Lot, and NWA were some early rap groups. NWA really defined the beginning of gangster rap, with legendary artists like Ice Cube, Dr.Dre, Easy-E, MC Ren, and Jerry Yella. Green Day had a different sound to them. Mid nineties bands were Linkin Park, Korn, Limp Biscuit, System of a Down, Primus, Smashing Pumpkins etc. Warren G was a mid nineties rap singer. TLC was a mid nineties rap group. Where rap hit the big time was with the Notorious BIG and Tupac Shakur. It was an East coast versus West Coast battle with other rappers including Nas, Puff Daddy, Snoop Dogg, Lil Kim etc. The Notorious BIG was (in my opinion) the greatest rapper ever. Tupac is still loved today. Some Pop Punk bands of the nineties include The Offspring and Blink 182. Late '90s rap groups include Master P, Eminem, 50 Cent. The nineties were somewhat like the sixties as far as a revolution.

So in conclusion; is music dead? Will there be a rap savior or a rock prodigy in the near future? I guess we will see. But don't ever give up hope in something greater than you have ever seen in music. Maybe the next American Idol will lead us to a whole new genre. American Rap Idol should be out there. So I guess all I can say is: "Keep your ears open."

*Mike Lemay has "jumped in" as a member this January. Welcome Mike!*

*"Member View" provides members with an opportunity to share on a matters important to the author about the world we live in.*



- Meaningful opportunities in Gainesville community
- Important work
- Restorative environment emphasizing abilities and talents
- Help with education & college degree programs
- Access to services, supports, housing
- Friendship

The Gainesville place where people whose lives have been drastically disrupted by a mental illness come to rebuild their lives.

[www.GoClubhouse.org](http://www.GoClubhouse.org)

A World of Growing Opportunities



**Gainesville Opportunity Center, Inc.**

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Clubhouse Standard of the Month  
 "Membership is Standard #1: voluntary and without time limits."

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[www.GoClubhouse.org](http://www.GoClubhouse.org)

7257 NW 4th Blvd., #318  
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G.O.C. is proud to be joining others in underwriting the showing of this important movie. See it at the Hippodrome Cinema anytime from March 7<sup>th</sup> until March 13<sup>th</sup>. Better yet, join us when we will be there to view this fantastic film Thursday night March 13<sup>th</sup>.