

JUNE 2012

VOLUME 5, ISSUE 5

# GOC GAZETTE

THE NEWSPAPER FOR THE  
GAINESVILLE OPPORTUNITY CENTER



In July we celebrate freedom of our nation. Did you know that Benjamin Rush, one of the persons who signed the Declaration of Independence, is known as the “Father of American Psychiatry” and that he strongly advocated for the rights of people who live with mental illness? His picture is included in the logo for the American Psychiatric Association. Rush widely publicized his view that treatments of his time were inhumane. He proved that patients who participated in occupational therapies recovered sooner.

The Gainesville Opportunity Center provides resources to empower members in rebuilding their lives after a serious illness. Through peer contact, access to employment resources, educational assistance and volunteer opportunities, members develop a renewed sense of purpose and self-determination. Members realize a greater freedom in their life choices and daily activities.

This freedom includes the opportunity to express their unique talents in a safe, supportive environment. On page 5 of this issue, we are beginning a Member Art Page. Please consider submitting art work, poetry, photographs, writings or any other form of art. For this issues, Robin B. contributed a beautiful poem about being free to live in a peaceful, loving world. Mike L. shared colorful artwork he titles “The Two Sisters”.

This issue also has an essay on the sacredness of summer by Mike L. The importance of work is shown by Jane B. in her detailed description of what it is like for her to work at Winn-Dixie. David S. explains the value of using a vision board as “a visual representation of your aspirations in life.”

Everyone should have the freedom to live with dignity and compassion. GOC helps members gain this freedom by providing resources for personal growth and development. Freedom is more than a political concept. This July, celebrate the freedom to be you!

## Ace Cartridge Exchange

*Laser Printer Repair and Service*

*New and Recycled Printer Supplies*

Serving Gainesville, Florida and surrounding areas

*"You save when we recycle!"*

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## The Gainesville Opportunity Center's Board of Directors

<b>Bruce Stevens - President</b>
<b>Edward “Andy” Bernard - Vice President</b>
<b>Patricia Sokol –Treasurer</b>
<b>Barry Wagner –Secretary</b>
<b>Markus Dietrich</b>
<b>Sandy Callan</b>
<b>Jennie Whitson</b>

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OUR CALENDAR
<p><b>JULY</b>                  2ND THROUGH 6TH CLUB CLOSED                  4TH INDEPENDENCE DAY</p>

BIRTHDAYS	
6TH ERIC N. 8TH FRANCES S. 14TH CATHERIN K. 24TH JON H. 25TH DANA E.	26TH DAVID B. 28TH MICHAEL W. 28TH VICTOR A.
<p>Happy Birthday Everyone!!!</p> 	

**Clubhouse Employment, Education and Volunteerism - *Our Members at Work***

Education		
Member	Location	Degree
Mike Leyman	Santa Fe College	Welding
Deb O.	Santa Fe College	Business
Greg U.	BBN Bible Institute	Scripture Studies
Alexis H.	Santa Fe College	Welding
Sandy Callan	Argosy University	Psychology

**Employment Quote of the Month**

“Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.”

-Dale Carnegie

Volunteer Work				
Place of Work	Position	Schedule	Hours	Member
Gainesville Pet Rescue	Dog Walker	Saturday	4	David Stevens

**Congratulations to**

Joel A– Temporary position as a Landscaper at St. Francis High School

Supported and Independent Employment		
Member	Position/Employer	Hrs/Week
Andy B.	Kitchen Asst./St. Francis H.S.	25
Andy B.	Dishwasher/Meridian	5
Sara O.	Peer Specialist/Meridian	16
Jane B.	Courtesy Clerk/Winn-Dixie	25
Sandy C	Peer Specialist/Meridian	20
Regis G.	Clinical Supervisor/Discount Counseling Group	3
Regis G.	Consultant/Boys and Girls Club	20
Frances S.	Peer Specialist/Meridian	16
Tommy A.	Stocker/Catholic Charities	4
David B.	Peer Specialist/Meridian	20
Alexis H	Peer to Peer Facilitator/NAMI	2
David J	Groundskeeper/Meridian	4
Joel A	St. Francis High School	20

- *Need a job?*
- *Don't know what you should do?*
- *Submitted applications but haven't gotten a job?*
- *We can help!*

**Stop by Monday, Wednesday, Thursday or Friday to see Pam or Ross or call them at 224-5523**

## July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Club closed</i>	3 <i>Club closed</i>	4 <i>Independence Day</i> <i>Club closed</i>	5 <i>Club closed</i>	6 <i>Club closed</i>	7
8	9 <i>Club Open 9-5</i>	10	<i>Club Open 9-5</i>	12 <i>Club Open 9-5</i>	13 <i>Club Open 9-5</i>	14
15	16 <i>Club Open 9-5</i>	17	18 <i>Club Open 9-5</i>	19 <i>Club Open 9-5</i>	20 <i>Club Open 9-5</i>	21
22	23 <i>Club Open 9-5</i>	24	25 <i>Club Open 9-5</i>	26 <i>Club Open 9-5</i>	27 <i>Club Open 9-5</i>	28
29	30 <i>Club Open 9-5</i>	31				

## Summer Time



To me, summertime is sacred. Children get out of school for the summer. There has always been a summertime song. I call it the summertime theme song. I believe in summertime magic. I believe in Summer Love.

I guess Summer Love is more for younger peo-

ple, although I am pretty young.

Now, summer is about lying in the sun in my neighborhood, reading a good book, and getting a slight tan. Watching baseball in the summer is special to me. The NBA and the NHL finals are also in the summer.

Summer is also about hanging out with your

buds, and doing things like going to water parks or roller coaster parks.

So, that's all I have to say about summer. Summer is for all people of all ages.

-by Mike Leyman

## Me, Working at Winn Dixie

I'm Jane Bernard and I have bi-polar and affective schizophrenia. I've worked at Winn Dixie for 7 years as a part-time courtesy clerk. I work at the Winn Dixie on 2500 N. Main Street. People can be very nice, which makes my work day much better.

I start out at 9 a.m. or 8 a.m., depending how busy the store is. I get the broom and dustpan out, go to the back of the store in the warehouse, grab a double-decker cart and aim for the front door exit. I take the baby buggies and put them aside. Then I start cleaning the rug with the broom. I take the carts in, take garbage from the receptacles outside near the entrance, go where the carts' placers are and proceed to the garbage receptacles there. I take all the garbage bags and set them on the double-decker cart. I clean the babies' buggies and then I go inside and take up the garbage next to where the advertisements and the plastic bag receptacle are located. I also pick up all the garbage from the parking areas with my dustpan and broom.

I continue collecting garbage bags from the cashiers' work area, the boss's room and inside

the customer service office. I proceed to the pharmacy, sweep the area, and collect garbage and the empty medical bins. I keep going to the back of the store.

If I'm called to the front, I will bag, attend to customers needs, and get carts. Later I go back to the end of the store and continue collecting garbage from the upstairs bathrooms and snack area. If there's something to sweep there, I will do it.

Then I go downstairs collect garbage from the conference area. I'm then free to collect garbage near the exit and the merchandise truck entrance. All the garbage from there, I take out on my double-decker cart to the dumpster, dump it in and go inside with my cart and put it back.

Then I go up front to take carts in if the customers are not buying anything. After I finish that, I go inside and wait for customers to do their purchases or I will look for something to do like putting candy back in their boxes up front near the registers. Also, if there is a gro-

cery item that people could not afford on their food stamp, or W.I.C. (Women, Infant, and Children), or debit cards, I put it back on the shelves.

Then I come back to the front of the cashier's isle. I proceed to do whatever is needed from cleaning floors to cleaning bathrooms. I also help customers with finding items on grocery isles on shelves. When I'm bagging, I ask them if they want their groceries in plastic or paper, and then I assist them by asking them if they want me to take their carts out to the parking place. I also ask them if they would like for their groceries to be put in the car, trunk, or other preference. When I come back into the store, if I find a grocery item that has been left behind or is damaged, I put it back into plastic bins in the warehouse. This is my life at Winn Dixie. Thank you.

-by Jane B.

## Vision Boards!

At the Peer Conference at Lake Yale in Leesburg, Florida, I took many workshops. One of them was how to create a vision board. Here are some tips on how to make a vision board as well as some information on what a vision board is.

What is a Vision Board?

Basically a vision board is “a visual representation of your aspirations in life. It is a tool for you to be able to manifest all of your dreams into reality by focusing your energy on them.”

The concept of vision boards are based on the Law of Attraction that simply states that “like attracts like.” This translates into that thoughts are a form of energy and any energy that you send out to the Universe, the Universe sends like energy back to you.

Or you could think of it as putting an idea into your subconscious and having the idea made manifest by letting it “cook” in your subconscious and eventually be made “true”.

There is an actual scientific explanation for this idea. In your brain, there is a part that filters all incoming information, the reticular activating system, or RAS. The RAS is responsible also for identifying information that we consider important. So, how does this work?

An example of how this works: you are having a dinner party with a large group of people who are talking at the same time. Your RAS filters out all of the voices that you aren’t interested in, and allows you to focus on the voice of the person that you are interested in.

The RAS also is responsible for making you aware of like things around you. For example, you think of a number, and suddenly you see that same number all around you.

What is peculiar is that the RAS cannot distinguish between what is real and what is imagined. Therefore, we can program it to focus on things that are around us that reflect our aspirations. This system of filtering allows us to consciously and subconsciously be drawn towards things that enable you to achieve your dreams! It is then your responsibility to act on those things. The Law of Attraction states that we are responsible for our lives and that we create our own destiny. The vision board is the tools that we use to program our RAS to focus on things that we want in our lives.

The Law of Attraction might be considered a new age belief. It has been brought to the attention of the world by the book written

by Rhoda Byrne in The Secret. But, it as been the subject of many books written in the past and has been used and practiced by the “wise” and by the prophets and philosophers throughout history.

“The more man meditates upon good thoughts, the better will be his world and the world at large.”

-Confucius

“When you pray, believe that you receive them, and you shall have them.”

-Jesus

The following is a paraphrase of one of the paragraphs that is in the hand out that I received:

“So, basically stated, “we create our life according to our thoughts.” In The Secret, it states that the Law of Attraction works if we focus on what we *want* instead of the lack of it. For example, if you want to be happy, then think of yourself as “actually being happy”, instead of “wanting to be happy.” If

you want to be rich, then focus on being rich, instead of NOT being

poor. The Law of Attraction does not recognize the NOT, so if you focus on NOT being poor the Universe recognizes only the part when you think “poor” and won’t get you where you want to be.”

The next part is about how to make a vision board:

You can use this tool to help you make your vision board:

Using clippings from old magazines, or from the internet, make a “collage” that represents aspects of “you” either in the past, present, or future.

Take this for example:  
“H2B”

**H:** what you **have** had, **have** now, or want to **have**  
**2:** what you used **to** do, what you do, or want **to** do  
**B:** what you used to **be**, what you are, or want to **be**

You can arrange your clippings on a poster board if you wish, or on a piece of paper. Your clippings can be words, phrases, or pictures that represent your past, your present, or your imagined future. Have fun with it!

If you would like, visit [visionboardvault.com](http://visionboardvault.com) for more information on vision boards!

-by David S.



*My Vision Board I made at the peer conference*

## MEMBER ART PAGE!



*"The Two Sisters" by Mike L.*

## The World Will Be a Better Place

People can care without being questioned  
About everyone in need.  
When money becomes a thing of the past,  
Ending all of man's greed.

When people throw down all their knives and  
their guns  
And start loving their fellow man.  
When hatred becomes merely history  
Removing the blood from our hands.

When we don't kill because of religion  
or hurt others because of race.  
When we can all smile and say we are brothers  
The world will be a better place!

*By Robin B.*



If you hear a voice within you say 'you cannot paint,'  
then by all means paint, and that voice will be silenced.

In spite of everything I shall rise again:  
I will take up my pencil,  
which I have forsaken in my great discouragement,  
and I will go on with my drawing.

Vincent Van Gogh



**It's Finally here! Come and spend the day with us at  
Blue Springs Water Resort in High Springs!  
It's going to be a splash!**



When: **Saturday August 4th.** Leaving at 9am from the Clubhouse returning around 6pm

Cost: \$10/person

**Please Note:** The club **WILL NOT** be subsidizing this trip. You must be able to pay to go.

**Your money must be prepaid by Wednesday August 1st.**

If you have not pre-paid you will not be able to go.

Please call the clubhouse by Friday July 27th, to let us know if you are coming at 224-5523.

***We need drivers with vehicles. If you can drive please let us know. We will reimburse you for mileage***

## 4th of July Celebrations Throughout Alachua County

Hello fellow GOC members and all the other people reading this newsletter! It is coming up on the 4th of July this year and the clubhouse will be closed on July 2nd through July 6th. However, there will be 4th of July celebrations and fireworks throughout Alachua County. Even though in the recent past Gainesville has cancelled the firework display, this year there will be fireworks.

The University of Florida's Fanfares and Fireworks will be back this year. The event is free and will have live music that includes Richy Stano, the Shane Moore Duo, the rock group Mr. Ainsworth, and

the Gainesville Community Band directed by Gerald Poe. Fireworks, by Skylighters of Florida, will begin at about 9:40 pm. The event will be held *July 3rd* at Flavet Field on the UF campus.

The city of Alachua will have its 13th annual July 4th celebration on July 4th from 3 pm to 10 pm at the Hal Brady Recreation Complex. At 9:30 there will be a half-hour firework display.

At Micanopy on the fourth of July, there will be a whole day of festivities from the parade at 11:00am, to the afternoon at the park, and the nighttime fireworks at the ball field.

Bronson will have it's Fourth of July Celebration at the Bronson Sports Complex. The celebration will be from 10 am to 10 pm. There will be music, horseshoes, a pickup softball game, a kickball game, food, a craft and farmer's market, kid's games, and fireworks.

