JULY 2013 VOLUME 6, ISSUE 5

GOC GAZETTE

THE NEWSPAPER FOR THE *GANINESVILLE OPPORTUNITY CENTER*

Gainesville Opportunity Center
GOC
A World of Growing Opportunities
www.GoClubhouse.org

Rebuilding lives
Removing stigma
Restoring dignity
Resource for mental health recovery

Gainesville & North Central Florida
www.NamiGainesville.org
NAMI
National Alliance on Mental Illness
Mister Paper Office Supply
Office Supplies, Paper Supplies & Computer Supplies.

A Little Dog with a Lot of Heart

The first time I saw a picture of Colonel Sherman Potter, an alumnus of the Paws on Parole Program (Academy 18) here in Gainesville, I could tell that he was a happy, well-kept and vibrant animal. A Maltese Poodle mix, he is a handsome and intelligent animal. Sherman (a.k.a. Shermie) is my mother's dog, so I've had plenty of opportunity to get to know him. I have recently relocated to Gainesville from South Central Louisiana and we we've become fast pals. Full of energy and attitude, his personality is a cross between a loveable lap dog and a wannabe ferocious and menacing force of nature.

Recently, I took Sherman out to Squirrel Run, a real nice park which is dedicated to victims of violent crime, for an evening at the off-leash area. There was a patch of mud across the road out to the fenced-in area. Sherman, tough guy as he is did not need much coaxing to push on through. He was quite excited to be conquering new territory and to be given the chance to explore. There was one hitch on my part though. I had neglected to read the little sign that would have told me that the small dog off-leash area was further down into the park through another gate past the playground area. As a result, Sherman was the second smallest dog among about seven other dogs of varying larger breeds. While the owners were socializing with each other, I had to worry if any of the beasts were going to torment or even eat him. He did well for a little guy.

Fortunately, the worst thing that happened was when I threw his favorite toy for him to chase and hopefully return. Unfortunately, he was still a bit unsure of his surroundings and, to a larger extent, the other dogs. A young black lab took to the chase, ran him over, and stole his favorite, green squeaky toy. The lab quickly left the scene of the crime. By the time I'd matched the owner to the offending animal, the toy had found its way into the mouth of a second dog. Long story short,

I ended up wiping the slobber off on my shirt, putting the toy back in my pocket and soon left the area before there was another incident.

The funny thing is that, after I had Sherman back in his little harness, we went to sit on a bench near the wooded oasis in the middle of the park. I sat down, but he was looking towards where we had been. His eyes were asking me what the problem was and why we had left. I'd forgotten the bug spray that I'd meant to bring and the mosquitoes had started coming out. That, plus the fact that he and I were both sweaty, tired, and dirty, were my reasons for leaving. Sherman would've stayed, trooper that he is.

This story is illustrates how animals - whether they are dogs, cats, birds or even goldfish - can increase a person's activity level and give them something to care for thereby adding purpose to their lives. Too many times, people with severe mental illness feel alone and isolated. For example, when in the middle of a depressive episode, it is beneficial to have someone there who can listen and who understands. Pets are excellent listeners. We all know that people can be difficult to deal with, even those who have been deemed normal. Many studies have shown that people who own a pet live longer, more fulfilling lives. Animals are also being used in an increasing capacity in clinical settings such as hospitals, hospice care, and elder care facilities. Our domesticated friends are huge reasons for us to get up in the morning. As an added bonus, they give us unconditional love without asking much in return.

My experience with Colonel Potter has been quite beneficial. I was a little apprehensive and anxious when I arrived here. Luckily, I found a new pal in Sherman the super-mutt. Anyone in need of a little good ol' TLC should go to www.pawsonparole.com and find themselves a friend. The process takes a moderate time commitment, but the animals are trained by the inmates housed at the Florida Department of Corrections Work Camp. Upon successful graduation, they leave fully vaccinated, micro chipped, spayed or neutered, and receive monthly heartworm prevention. I assure you, it's the best deal in town. If you don't have time to devote to this noteworthy program, any pet will do as long as he/she keeps you happy and healthy. You can also visit a non-profit shelter or your local pound. No matter what our mental state, everyone wants to feel needed and to have someone tell us everything is going to be fine . Animals can't speak in words, but most times, neither does love.

- By Lloyd B.

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The Gainesville Opportunity Center's Board of Directors

Bruce Stevens - President
Andy Bernard - Vice President
Patricia Sokol –Treasurer
Barry Wagner –Secretary
Markus Dietrich
Sandy Callan
Jennie Whitson
Jodi Irving

IMPORTANT DATES

INDEPENDENCE DAY	4TH
ALL OR NOTHING DAY	26TH
PARENTS DAY	28TH

JULY BIRTHDAYS

2ND - BRIAN B.
6TH- ERIC N.
8TH FRANCES S.
14TH CATHERINE K.
24TH JON H.
25TH DANA E.
26TH DAVID B.
28TH MICHAEL W
28TH VITOR A.

Our *Members at Work:* Clubhouse Employment, Education, and Volunteer Work:

Education

Member	Location	Degree
Mike L.	Santa Fe College	College Prep
Deb O.	Santa Fe College	Business
Sandy C.	Argosy University	Psychology
Joel A.	Santa Fe College	GED
Jane B	At Home Professionals	Med. Transcription
Kaye Eaddy	Santa Fe College	GED
Ryan J.	New Horizons	I.T. Administrator

Volunteer Work

Member	Position/Work Site	Hours/Week
David S.	Dog Walker/Gainesville Pet Rescue	2
Greg W.	Horse Care/Mill Creek Horse Farm	20

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.	Group Leader/Clinical Director	40
Frances S.	Peer Specialist/Meridian	16
Tommy A.	Stocker/Catholic Charities	4
Dave B.	Carpenter/Self Employed	2
David J	Groundskeeper/Meridian	4
Deb O	SE Newsletter Editor/Meridian	5
Joel A.	Wal-Mart	30
Chris F.	Cart Return/Wal-Mart	20
Alexis H.	Peer Specialist/Shands Vista	8

Employment Quote of the Month

Few companies that installed computers to reduce the employment of clerks have realized their expectations... They now need more, and more expensive clerks even though they call them 'operators' or 'programmers.'

—Peter Drucker

CONGRATULATIONS TO:

Ryan J. for his new job as a Roving Technician for The Office of Elections!!

- ***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 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ***CLUB OPEN***	*2* ***CLUB CLOSED***	*3* ***CLUB OPEN***	*4* ***CLUB CLOSED***	*5* ***CLUB OPEN***	*6*
7	*8* ***CLUB OPEN***	*9* ***CLUB CLOSED***	*10* ***CLUB OPEN***	*11* ***CLUB OPEN***	*12* ***CLUB OPEN***	*13*
14	*15* ***CLUB OPEN***	*16* ***CLUB CLOSED***	*17* ***CLUB OPEN***	*18* ***CLUB OPEN***	*19* ***CLUB OPEN***	*20*
21	*22* ***CLUB OPEN***	*23* ***CLUB CLOSED***	*24* ***CLUB OPEN***	*25* ***CLUB OPEN***	*26* ***CLUB OPEN***	*27*
28	29 *CLUB OPEN*	*30* ***CLUB CLOSED***	31 *CLUB OPEN*			

Board of Director Interview: Jodi Irving

Jodi has been on the GOC board of directors since February of 2013. She attends monthly meetings, facilitates the purposes of goals of the GOC, reviews and discuses the budget, and participates in fundraising efforts, and does other things to support and maintain the functioning of the GOC.

Jodi was on the board when it was in it's developmental stages when Mike was the director. After recent retirement, she was interested to get more involved. Jodi loves the concepts of the clubhouse: the wellness focus, and the supporting of the strengths of the club members.

The most rewarding part about being on the board of directors is seeing the goals of the GOC being accomplished, and to support GOC members towards their goals.

Jodi has been associated with the mental health field for 46 years through being a professor at the University of Florida College of Nursing, teaching mental health concepts, and walking with students in the clinical area of mental health (both undergraduate, and graduate students), and finally has had a part time private practice providing individual and family therapy.

Jodi doesn't have any kids but does have a dog and a cat! Jodi's hobbies are playing golf, watching sports or attending sporting events, archeology ,and reading non fiction books.

—by David S.

My Life Since July of 2012

I was saved as I gave my life to my Personal Lord, Jesus Christ on May 11th, 2011. I was enjoying of retirement, sound mental health and a great church community.

It all ended in late July, 2012 as I trusted all those things to a preacher who had no sound values. He tried to deliver me from my mental illness and supported me to stop taking my medications. I did stop taking them for eight days. As a result, I was hospitalized over ten times at Vista (psyche ward).

As I was still psychotic, later in 2013, I became involved in a short binge of alcohol and drugs. I also mixed them with my medications and I became extremely psychotic. Thank God the psychosis has left. I am now feeling better with sound mental health.

However, my last three hospitalizations have been for low oxygen due to my COPD or Nicotine abuse. I am on oxygen at home but I still smoke. Lord, what can I ever do to put these things down ?

-By Greg U.

Why Do I Come to the Clubhouse?

The clubhouse for me was originally about work. 9-5. Then I took an English class. Then that became my first priority. After I failed the English class, GOC became strictly work again. So a while after that I started being tutored at the Santa Fe College. I had a couple outbursts and then was banned for a year. GOC became work again. I don't mean to tutee my own horn, but for a while, I was doing most of the jobs. Then slowly I started coming to the club gradually less and less hours.

I noticed many people were not doing clubhouse jobs, but playing video games. I saw people socializing and they were not really about jobs.

I realized it's summer and I want to have fun. For now, I'm not doing tons of jobs. So, for now, I do the jobs that need to be done, and then I just chill and hang out the rest of the time.

My vision for the Clubhouse is that Obama (who had an interview with Nami) will help us get more funding, so we don't have to pinch a penny and so people can do more things. Maybe we can even have a War Craft network.

-By Mike L.

Tebow

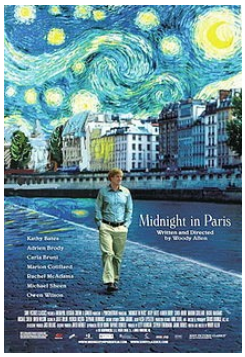
Tim Tebow is finally going to see some action this season. When he knocked the Steelers out of the playoffs, people should have been clamoring to get him. They didn't. So, that was his shining moment in Denver. In New York it was a disaster. I don't know if Rex Ryan was just being a little stubborn by staying with Sanchez and hoping he would improve. Sanchez is another Ryan Leaf. Rex didn't choose to use Tebow for ANYTHING except 4 plays. He's a great guy but not a great coach. The organization couldn't even keep "General" Revis. I know Bill Belichek is somewhat of a cheater in what he did as spying, but now I know he is somewhat of a genius. Since the Eagles are rebuilding, I really want to see how far the Patriots get. So the situation for Belichek is that this might be Tom Brady's last productive year. Also, Wes Welker is gone, and the Defense isn't great. Neither is the running game.

So Belichek saw an opportunity in Tebow. I'm so interested to see what Belichek does with Tebow because Belichek is a smart coach. When interviewed by the media about Tebow, Belichek didn't give away anything. I'm just saying that Tebow was "a smart player".

I can't wait to get a Tebow Jersey. Tebow 's only problem is that he throws the ball a bit slow. People tried to correct it, but he went back to his old form. He can sure launch a bomber with his throw, though. Belichek could alternate between big throws and running the football. But that's his choice. I hope everything goes well for Teebow. He's smart, talented , and from the Gators.

-By Mike L.

Movie Review: Midnight in Paris



Wow! Where do I begin? In the movie, a couple goes to France on a sort of honeymoon. Everything goes fine with the couple's relationship until the man (let's call him Steve) walks to their château or apartment drunk (I really don't know what château means). He gets part of the way up the stairs, then falls against down the stairs while he was drunk. Then at midnight, an old fashion car (really old fashion) comes and stops where he is. A man with an accent gets out of the car and pulls gently at Steve. Steve gets in the car and is taken somewhere magical. Talk about a beautiful place! He goes in. He must have thought he was drunk. It was 1920's in Paris. He met Scott and Zelda Fitzgerald, Picasso, Salvador Dali, Hemingway, and I think there were a couple others he met that were famous. He looked around in bewilderment. He met a beautiful woman who he talked to.

The next night the same thing happened at midnight. He brought his Fiancé. Nothing happened until she left. So he wasn't just drunk. He got in the car immediately. He met the same beautiful woman and par used around the room (which was huge) talking to the woman and drinking wine (not all these details are facts of the movie). The woman was very elegant, smoking a cigarette with the extension. She was dressed elegantly. Chivalry was in the air.

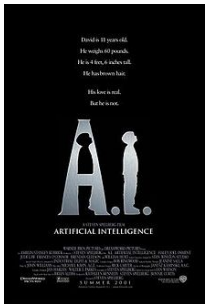
Steve was working on a novel. He asked Hemingway to read it. Hemingway refused to read it because he said he would be jealous of it if it was good, and that it wouldn't be worth reading if it was bad. But Hemingway recommended someone who would read it and critique the book. It was a woman who was friends with Picasso. She said she would read it that night, later on. When Steve met her she was critiquing Picasso. Picasso was looking at the painting and listening to the critique. The painting was of a beautiful woman.

Then it comes time for Steve to leave his fiancé, and go back to the states. He found out his fiancé was sleeping with another art critique. He decides to stay. His Fiancé goes back to the states. I can't remember weather Steve went back every midnight to the party, or if he gets his own apartment and because a successful writer.

Man! Is that great or what? That's the closest to heaven you can get: Paris in the 20's, going to that party every night.

-by Mike L.

Movie Review: A.I. Artificial Intelligence



If you're looking for a good thought provoking movie, look no further than A.I. Artificial Intelligence. Stephen Spielberg wrote it, directed it and produced, which for me already is a precursor for a great movie. The movie stars Haley Joel Osment, Jude Law, Frances O'Connor, Brendan Gleeson, and William Hurt.

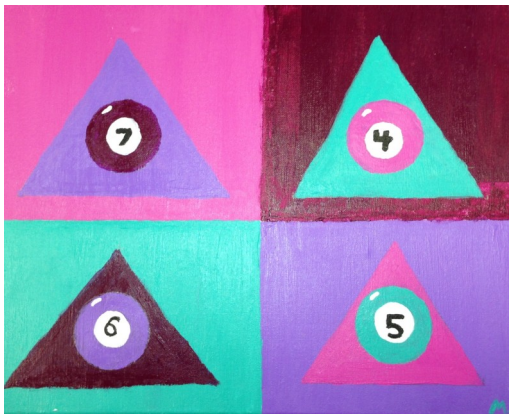
The movie starts in the future, with a robot that is called a mecha, that is programmed to love. His name is David. There is a family that buys one of these robots to so they could have a son because their real son is cryogenically frozen until a cure to his disorder is found.

David will go on an adventure to find who he really is and the movie watcher will go on a mental adventure to decipher what is "real" and what is not "real," as well as contemplating other morals and values.

A.I. was made in 2001, but it is still relevant today, and will continue to be relevant for many years to come. And who, knows? Maybe the human race will come to make a robot that can love...sometime in the future.

-By David S.

Art Page



-Mike L.

Hipno-Smiley Face

-David S.

-Laura M.

THE LAST WORD

"Recovery." - David S.	**"Process." - Laura M.**	**"Pizza." - Perry P.**
"Better." - Ryan J.	**"Disappointment." - Mike L.**	**"Integrity." - Lloyd B.**
"Freedom!" - Pam D.	**"Rain." - Travis H.**	**"Kittens." - Ashley R.**