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GOC GAZETTE

THE NEWSPAPER FOR THE
GAINESVILLE OPPORTUNITY



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

Shine!



To be in a large world that is so wild in action, we sometimes forget how we should treat ourselves and the other humans whom we interact with daily.

Regardless of your status (rich or poor, student or worker, healthy or ill), we all called to think about others. We all are faced with the complexities of compassion and how to be compassionate, and some will come to question its art.

Some argue that compassion is the result of feeling pain, and that only those whom have felt pain will come to appreciate a kind word. Others, like me, feel contrary to that. I believe all things that are born into life will know some pain, through that process alone. We are all called to live in community together, to communicate with many others in a way that is mutual of heart; minimally through various forms of understanding, and in knowing someone's behavioral pattern. We do not always see the same events in the same way. For example, others may never see the sunset in the same wonderful way that you have seen it, but that doesn't mean we cannot communicate that beauty. That is what makes us so perfectly individual, our private thoughts; what one knows is not known by another at every moment of life. Interaction with the world around you is not something to overthink. Often it is the result of life moving forward, and for some people this is incredibly difficult.

To live with a mental illness can be scary for the person as well as their families and the public. Those living with mental illnesses constantly find themselves in a conscious state of surroundings (being aware of what is going on both physically around us and mentally within us). The highest to the lowest of feelings are experienced; from the depressed, to the bi-polar effects, some may live with. You must understand that this fight is not solely known to just one human, but rather, to many people. The illness may effect how we interact with ourselves as well as others and over time we have built walls. The walls are invisible and we use them to separate ourselves from others, to keep ourselves safe, not so much physically, but emotionally.

We all have that wall, those who live with a mental illness and those who do not. It doesn't matter that I don't have the same wall as you, the commonality is the existence of the wall, and not what caused it. Some feel that they conquer these walls by hiding them, by neglect; if I don't acknowledge it, it does not exist. However, it is never good to stuff raw emotion. Others choose to just live with the pain, just accepting that it is part of them and unless the

pain becomes unbearable, they don't get help. If it doesn't affect me, I can just ignore it, like an Ostrich in the sand hiding our heads.

The challenge is in conquering the walls, getting out of our comfort zone, trying something new. We all must find a way to conquer that wall. Whether through counseling, meditation, prayer or action. We MUST overcome that wall if we are to grow. When you begin to break down that wall you let in the light. When you let in the light, you grow. Like a flower, without light we may bloom, but with light we blossom

Next time you see someone in the street who is out of control of their body, and cannot stop moving in a way that is disturbing to you or talking to themselves and not making sense, remind yourself that perhaps this is their way of conquering that wall, of handling the emotion. We don't questions when musicians share their pain through art, but someone sharing their pain in a way that is uncomfortable to us scares us. Can you be compassionate towards those who live with a mental illness, without pity? Can you look at the person living with an illness and not be scared? Can you see yourself in that individual?

So why not test the water with equality, begin to breakdown your wall, and see the light? So how do you be the light? How do you break down the walls?

Next time you go to the local coffee shop and are unsure of someone, question where you have been and how their social state might have been just like yours. Then allow your light to break down my walls, and you can help each other. Think along the lines of what compassion is and strike up a conversation. Thinking of the light of compassion will offer to you new perspective when engaging those around you. It's healthy and perfectly normal to be kind to people, especially in a way that will make them know joy. Shine your light and life into those who struggle with stigma and illness and focus on the light on the goodness of the person, not the deficits. Be open to the person, who they are, what they have been through and get to know him or her. You may find you have more in common than you have realized.

We all are here to make a difference, and that is never an easy task to live with, but a little light in a dark spot can make all the difference to the person hiding behind that wall. Are you willing to shine?

By Travis H



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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

14TH FLAG DAY
16TH FATHER'S DAY

JUNE BIRTHDAYS

4TH PAM D. 26TH JOSEPH W.
7TH JANE B. 27TH ROSS W.
7TH MIKE D.



Happy Birthday
Everyone!!!

Clubhouse Employment, Education, and Volunteerism Page: *Our Members at 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

Employment Quote of the Month

“As it turns out, social scientists have established only one fact about single women's mental health: employment improves it.”
—Susan Faludi

CONGRATULATIONS TO:

Melissa Chambless for graduating from UF with a BSN and for accepting her position at her new job at Vanderbilt Medical Center in Nashville, Tennessee!
We wish you all the best and we will miss you greatly.!

- *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

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 CLUB OPEN	4	5 CLUB OPEN	6 CLUB OPEN	7 CLUB CLOSED <i>Fundraiser Set-up</i>	8
9	10 CLUB OPEN	11	12 CLUB OPEN	13 CLUB OPEN	14 CLUB OPEN	15
16 FATHER'S DAY	17 CLUB OPEN	18	19 CLUB OPEN	20 CLUB OPEN	21 CLUB OPEN	22
23	24 CLUB OPEN	25	26 CLUB OPEN	27 CLUB OPEN	28 CLUB OPEN	29
30						

New Member Interview: Getting to Know Eddie F.



Eddy Fields found the GOC clubhouse through Meridian Healthcare. What motivated him to join was because he needed some help. What he was doing before he started coming to GOC is sitting in the motel.

Eddie has not been to any other clubhouses. Eddie is from Quincy, Florida originally and has lived in Gainesville for 3 years. What prompted Eddie to move into Gainesville is “because of my wife and kids.”

Eddie has struggled with depression high blood pressure, and diabetes, and what motivates him is the clubhouse. “The clubhouse is like a family.” Being around people is what has helped him to recover and become more stable. Eddie wants to help other people, to tell people his story—and this is because of the insights that he has gained, and because of what he has learned about himself, and about the world.

Eddie thinks that the clubhouse can help him by helping him to recover. Some skills that Eddie has to offer the GOC are using his hands, and working on things. He can also give good advice. He is more

confident then he has been in the past, and he can express himself easier now. Eddie’s goals are to “keep on helping people.”

Eddie likes to sit around and talk to people about what he has been through for fun, as well as reading the Bible, talking about Jesus Christ. To relax, Eddie likes to read the Bible, exercise, and to be around people. The most important thing for us to know about Eddie is that he tells the truth and that he is a good person.

—By David S

Rock 'N Roll



I don't know who invented the phrase "Rock 'n Roll," but it is just a kick ass name.

There's a funny thing about "Rock 'n Roll". I'd say everyone that likes Rock 'n Roll, and has a record, or CD, or tape, or 8 track, feels the same about "Rock 'n Roll". It's like a worldwide feeling. And the funny thing is that since the "Baby Boomers" there was a phrase called "Generation Gap". The Baby Boomers started liking The Rolling Stones and other Bands like The Beatles, The Who, Led Zeppelin, and Queen. These bands were coined "The British Invasion". I'm a Baby Boomer twice removed, and I like bands like the Beatles. I'm not the only one in 2013 that likes old bands from the sixties up until the present. It's a weird thing: people seem to either like the Beatles or the Stones. They both came out as bands about the same time. I remember seeing footage of The Beatles and the Stones with kids screaming with joy and mostly girls crying.

A funny thing is that the 99% of the guitars made in the early sixties (1961) are used today. The most famous guitar brands are the Les Paul and the Fender.

So, as the sixties progressed and the music progressed conformity occurred less and less. There were people living in communes and wearing raggy close and living in tents and some not showering. Also, there were people picking flowers and having "flower children" (children born in the sixties having babies with random partners that loved each other.) Most did not have formal weddings.

The original Wood Stock took place in 1969 at a huge random field in New York. If you went there today, all you would see is a big grassy field. Wood Stock was almost cancelled but the stage was finished. Most people in charge of the event didn't

think many people would come. Boy, were they wrong! About 450,000 people attended. There were 4 babies born and 2 miscarriages.

Woodstock was a concert dubbed "3 days of peace and music". Amazingly, there was almost half a million people, and no fights. I guess the signature aspects of the concert were bohemian clothes, people hanging out in tents, people being 100% nice to people, flower children, Jimmie Hendrix's scarf around his head, and a successful concert of half a million adults loving each other starting a revolution.

By the time all technical difficulties were fixed it was 8:30 in the morning. Jimmie and his band was a great finally to the concert. There were at most 5,000 people left for the rest of the concert. Jimmie played a trippy version of "The Star Spangled Banner", that led into the song "Purple Haze."

So, that was the sixties my friend. Here are some aspects of the seventies: Yoko Ono supposedly broke up The Beatles. John Lennon and Paul McCartney had solo albums. McCartney's band, Wings, had some really great love songs. Lennon also did, but he was cocky and had some hurtful songs.

Christian punk bands were the best in the Seventies. The Kinks, The Clash, The Ramones, and The Dead Kennedys were some examples. Disco was big and I love John Travolta, but Disco was kind of lame. Some 80's punk bands who are Christian, are Black Flag, Inflammable Material, The Germs, The Misfits, and Crossing the Red Sea. The Metal Scene in the Eighties was big. The best bands were Black Sabbath, Iron Maiden, Deep Purple, Angel Witch, Tigers of Pan Tang, Motorhead, Saxon and Diamond Head. The best metal bands of the 80's are: Guns 'n Roses, Poison, Motley Crew, Kiss etc. Most metal bands of the eighties were called "Hair

Bands." Hair bands stopped in the early 90's. Guns 'n Roses had a slight makeover when Axl Rose stopped glaming up his hair with hair spray and just had long hair. In 1991 Nirvana invented "Grunge". It was pretty much crap guitar with distortions. So Nirvana kind of wiped out metal. The Grunge quake started mostly in 1992, with kick ass bands like Pearl Jam, Sound Garden, Alice in Chains, etc. Grunge was over by 1994, when a band called "Green Day" stepped into the mix. Their first album went platinum. Green day didn't have guitar solos and they still sounded good. Also, 90's Christian Punk bands started: Bad Religion, Green Day, NOFX, and Pennywise, etc. I always think of the sixties being like the 90's I grew up in. The fashion was similar to an extent. The 90's had their own Wood Stock.

The early 0's or whatever you want to call them, had music that was pretty good: 8 out of 10 bands were good. Bands and artists that were new surfaced: Jennifer Lopez, Brittany Spears, Pink, etc. Boy bands were a huge deal in the 0's—especially to girls who loved them all most as much as the Beatles. There was the Back Street Boys, and N'Sync. Those were the main bands and to many girls, it was either one band or the other. It was like a little argument. But rock did survive with Christian "Punk/Pop" bands like Blink 182, Sum 41, Simple Plan, All American Rejects, Nickleback, Coldplay, Dashboard Confessional, and Boys Like Girls etc.

Then, around 2005, music started to suck. MTV had a show called TRL (total Request Live), which wasn't bad, except they only played $\frac{3}{4}$ of each song. The Guest was neat. So as rock started to decline, rap thrived. Since this article is about Rock, I won't mention Rap.

Now (2013) we have a short list of good Rock artists. Here are some: Foo Fighters, Slipknot, Muse etc.

—by Mike L



Let's Give "Them" a Break



I attended a party recently and didn't know too many people there at all. At one point the people who I "hung out" with at the party were talking about people "creeping" them out and making them feel uncomfortable. I was wondering if I was making anyone there at the party uncomfortable. I probably wasn't, but the next day when I was with some people who had a mental illness I had a little different perspective.

I am around people, including myself,

who have mental illnesses so much, that it can be easy to forget that there are people out there in the "real world" who might get uncomfortable around people who have a mental illness that act or behave "not normal." I know when I was getting "stuck," and wouldn't answer people who were talking to me, or when I would stop walking in my tracks (for example at a doorway before walking in), that behavior might have made people who weren't "used" to the uncommon behavior uncomfortable. I know that if I saw someone doing some of the things that I have done without knowing why they were doing it, it would probably "freak" me out, too—and probably even if I did know why they

were doing it as well!

So, if there are people out there who have uncommon behavior due to a mental illness and feel like people "should" understand the uncommon behavior, you might try seeing it from their perspective and realize that even though they might be "kind" people, they might just not understand what is happening. You might try understanding where they are coming from just as they could try to understand where you are coming from.

-by David S.

Variables in Sports

Basketball has the most variables. Basketball has a salary cap. There is probably never going to be a "Dream Team" unless players want to take a huge pay cut to play on the same team. This season has star players on the Lakers and is fighting for an 8th seed playoff spot!

The dream team for the Lakers was Karl Malone, Gary Payton and the rest of the team roster including Kobe Bryant. They never even made it to the finals. So the point I'm making is that sports have many variables. Basketball has the most variables. I'll prove it: FG% FT%, Rebounding (whoever teams' players happen to get that lucky bounce or has that ability to get the ball off the glass quicker. One good thing about basketball is that there aren't many injuries (thank god). The Only team that was destined to win was the US basketball team.

The Bookie on the movie "Casino" went beyond picking winning teams. He would know that in the 80's Boston Garden, part of the parquet floor, had a small dent in it. He also knew that one was higher than the other. This guy knew that in football, weather or not the quarterback's girlfriend was pregnant, etc.

OK, I think the next sport with complicated variables is football (NFL). The athletes have a deadly weapon with their helmet and shoulder pads. There are many injuries in football. The average playing career for a running back is 4 years. Quarterbacks are often injured. Most of the time it's minor, but sometimes it's major or career ending. Just look at what Lawrence Taylor did to Joe Theiesman. Ouch!

The next sport that comes in my mind is

tennis, a harmless sport. How many people have had career ending injuries in Tennis? I know triceps and biceps can be injured. There is also tennis elbow. I guess that's like carpal tunnel syndrome.



Ok, now let's look at America's former pastime: baseball. It started in the 1800's. Sometimes players swing with too much strength and get triceps or bicep injuries, as well as shoulder injuries. Steroids make an athlete more susceptible to injury. In golf there are hardly any injuries. There are just the odd upper body injuries (elbow, bicep or triceps). Professional golf players can play until there about 70.

-By Mike L.

Fun Facts about June

June is the month when we graduate from high school, and summer begins and so does Hurricane Season. But June is known for so much else as

Did you know that...

June is National Turkey Lovers Month... I don't know if that means you should hug a turkey or eat more but there it is.

June is Fresh Fruit and Vegetable Month, as well as National Candy Month, Dairy Month and Iced Tea Month.

The first baseball game ever played, was played on June 19, 1845

The American Revolution began in June 1775 with the Battle at Bunker Hill

10.8% of all weddings take place in June, making it the most popular month to get married in.

Kentucky and Tennessee both became states in June and Hawaii became a US Territory

June is when Father's Day is celebrated as well as World Environmental Day

Art Page

Cosmic Clouds



-David S.

Our backyard....really!



-Pam D

LAST WORD

"Awesome." -David S.

"Fundraiser." Pam D.

"Job." Travis H.

"Blessings." -Mike L.

"Happy." -Cheryl S.

"Forgive." Yessenia

"Work." -Kiandre T. (we totally agree Kiandre!)



YOU'RE INVITED

The Gainesville Opportunity Center is hosting our 1st Annual Tasting Benefit featuring Fine Wines, Craft Beers and Exotic Sodas on Friday June 7th from 5-8pm. The event will be held at the Doris Barton Community Arts Center at 716 North Main St.

We will have a live and silent auction, hors d'oeuvres catered by Omi Catering and live music.

Tickets are \$50 each and are available at the door, no one under 21 will be admitted...no exceptions!

Tasting Benefit
Friday, June 7, 2013
5-8 PM
Held at The Doris Art Center



Fine Wines - Craft Beers



Gourmet Sodas

Proceeds benefit



www.GoClubhouse.org