

# GOC GAZETTE

THE NEWSPAPER FOR THE  
GAINESVILLE OPPORTUNITY CENTER



Gainesville  
& North Central Florida  
www.NamiGainesville.org



## What's wrong with crazy? How it affects treatment options.

In an angry battle of words, it's common to hear someone accuse another of being crazy. Does the person really mean 'crazy' or are they trying to insult someone, to hurt them by suggesting that whatever action taken or words uttered is less important?

When the way a word is used has the power to demean someone with a medical condition, numerous problems are created for the person experiencing the illness. Imagine this. You are angry at someone and, to get back at them, you stab them with the words, "You're cancer!" Doesn't make sense does it? Someone with cancer is not considered to be 'cancer'. They are defined as having a physical illness with painful symptoms that can continue over time. Yet those of us experiencing mental illness are often defined as though we are the illness. For me, when people do this, it strips away every part of me except my illness. The word crazy becomes a reference not just to the mental and physical discomfort but to my entire being. It demeans the parts of me that function well. It stigmatizes me.

Stigma can affect how we view treatment. It is difficult enough for anyone to accept that they have an illness, especially a chronic illness. Yet people with cancer aren't ashamed of their illness like those of us can be with mental disorders. It is difficult to admit an illness and

seek treatment, when you are concerned that other people will view you with a negative stereotype and when you view yourself through that stereotype.

At times, we may feel that we are nothing more than an illness, but that can be managed with medications, therapy and having places like the clubhouse. People with cancer sometimes feel so terrible that all they see of themselves is the illness. Other people remind them that they are more than their illness.

Stigma can affect not only our willingness to accept treatment but also our access to treatment. Insurance companies, politicians, and various professionals create policies and approve funding. If they fail to recognize that we are capable of contributing to society and that we deserve to use our talents, they will not fight for our interests and well-being.

This is why it is important to be open about your illness, to do what it takes to manage your symptoms so you can live more comfortably and fully. When someone refers to a mental disorder in demeaning terms, remind them that while you do experience a mental illness, you also have talents, skills and interests. Let them know that you manage your illness. It does not manage you.

-by Ross W.

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On Tuesday, November 20th  
GOC Will Have our annual  
Thanksgiving Potluck Meal  
From 12 to 3!!!

Hot dishes must be hot upon arrival  
because there is no way for us to re-heat  
them. Hope to see you there!!



### 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

OUR CALENDAR
6TH ELECTION DAY
9TH UF HOMECOMMING
11TH VETERAN'S DAY
10TH CLUB CLOSED
20 GOC THANKSGIVING POLTUCK
22 THANKSGIVING DAY

NOVEMBER BIRTHDAYS	
4TH MICHAEL T.	12TH EDWARD B.
5TH JOHNNY M.F.	12TH RYAN J.
6TH WILLIAM D.	15TH HOLLY H.
9TH ROBERT P.	25TH HENRY Z.
11TH KAYE E.	28TH CALROS C.



**Happy Birthday Everyone!!!**

Clubhouse Employment, Education, and Volunteerism Page **Our Members at Work!**

Education		
Member	Location	Degree
Mike L.	Santa Fe College	Welding
Deb O.	Santa Fe College	Business
Greg U.	BBN Bible Institute	Scripture Studies
Alexis H.	Santa Fe College	Welding
Sandy C.	Argosy University	Psychology
Joel A.	Santa Fe College	GED

**Employment Quote of the Month**

“Find something you love to do and you'll never have to work a day in your life”

—Harvey MacKay

Volunteer Work		
Member	Position/Work Site	Hours/Week
David S.	Dog Walker/Gainesville Pet Rescue	4
Greg U.	Political Worker	50

**CONGRATULATIONS TO**

**Mike Leyman** for doing such a great job in 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
Sandy C.	Peer Mentor/NAMI	2
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
Dave B.	Carpenter/Self Employed	2
David J	Groundskeeper/Meridian	4
Deb O	SE Newsletter Editor/Meridian	5
Joel A.	Shipping & Receiving/Express Employment	PRN
David S.	Peer Mentor/NAMI	2

- *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**

**Looking for a job?**

Places like Sears, Target and Macy's have started looking for their seasonal help. Additionally, keep an eye out in the newspapers and websites, because the mall hires people to play Santa and elves!

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Club open</i>	2 <i>Club open</i>	3
4	5 <i>GOC Board Meeting Club open</i>	6 <i>Election Day</i>	7 <i>Club open</i>	8 <i>Club open</i>	9 <i>UF Homecoming Club closed</i>	10
11 <i>Veteran's Day</i>	12 <i>Club closed</i>	13	14 <i>Club open</i>	15 <i>Club open</i>	16 <i>Club open</i>	17
18	19 <i>Club open</i>	20 <i>Thanksgiving Potluck! Dinner 12-3pm Club Open</i>	21 <i>Club closed</i>	22 <i>Thanksgiving Day Club closed</i>	23 <i>Club closed</i>	24
25	26 <i>Club open</i>	27	28 <i>Club open</i>	29 <i>Club open</i>	30 <i>Club open</i>	

NAM Walk 2012: Walk for the Hearts and Minds



On Saturday, October 13th, NAMI had their annual walk at Westside Park. This year's theme was "Walk for the Hearts and Minds."

Bruce Stevens presented Tom and Gwen Umlauf, the honorary chairs of the walk, with a plaque recognizing their lifetime service to end the stigma that surrounds mental illness, and their efforts to improve

the care and treatment of people who live with a mental illness. Bruce introduced Tom and Gwen, and summarized their achievements. I, David Stevens, spoke next. I spoke a little bit about my story. Sadie Darnel spoke next. After Sadie spoke, Joan Stevens introduced the band that I am in, The Wave of Rock, and then we played as the actual "walking" of the walk kicked off. We played three songs, and then walked ourselves.

Before the walk began, there was an arti-

san exhibit, and booths from various vendors. Some of the vendors of the booths were NAMI Gainesville, GOC, Meridian, Alachua County Health Department, CIT, VA, Shand's Vista, and Shand's Nursing School.

There were also a variety of refreshments donated by various restaurants and businesses. Also, 2 mounted on horse CIT trained officers were at the walk.

-by David S.

BELK FUNDRAISER IS BACK!!!



Our bi-yearly Belk Fundraiser is here again! All you have to do is obtain a ticket from a clubhouse member, and take it to Belk in

the Oaks Mall anytime from 6 to 10 am on November 3rd. Once you are inside Belk, buy at least \$5 worth of merchandise and you will receive your \$5 back. There will

be awesome deals from 6 to 9 am as well. This is a great opportunity for savings!

-by David S.

Little known Thanksgiving Fact...

The famous pilgrim celebration at Plymouth Colony Massachusetts in 1621 is traditionally regarded as the first American Thanksgiving. However, there are actually 12 claims to where the "first" Thanksgiving took place: two in Texas, two in Florida, one in Maine, two in Virginia, and five in Massachusetts.



## The Retirement Farm For Horses



I am formally a member of the lighthouse in Inverness, Florida. Now, I am a member of the GOC in Gainesville, Florida. I volunteer at the Mill Creek Retirement Farm for Horses in Alachua, Florida. I have been volunteering at this horse farm on and off since 1998. The owners are Peter and Mary Gregory. We feed and groom the horses every Thursday and Saturday starting at 9 am, and the grooming on those days lasts until about 1 pm. The farm has 134 horses and 9 dogs.

We groom half the horses on Thursday and the rest on Saturday.

I love working with horses. Once these horses became residents of the retirement farm, the promise is made that they will never be ridden again. Grooming involves: brushing the horses, cleaning their hooves, and applying fly spray. During the grooming, we observe the animals to make sure they are OK. We feed the horses while we groom them. Peter and Mary have devoted their lives to the horses. I really admire them. The general public are allowed to visit the horses every Saturday

from 11 am to 3 pm. The price of admission to the public on Saturday is 2 bags of carrots.

The Mill Creek Farm depends on donations from the public. The Gregory's also have a program in which people can adopt the horses for \$40 a month. Even though horses may be adopted, the horses still live at the farm. If anyone is interested in volunteering at the farm, or adopting a horse, you can contact Peter or Mary at: 386-462-1001 during the day.

-by Gregg W.

## My NAMI Walk Speech 2012



Hi. My name is David Stevens. I am a charter member of the Gainesville Opportunity Center, which means that I am one of the first members to join the

club. I became a member at GOC to do try something different. I stayed at GOC because I felt comfortable and because I felt like I could be myself.

About 4 or 5 years ago, I started getting stuck. Whenever I had to make a decision, even just walk into a building, or answer a question I would sometimes stop, hesitate, or not do anything at all.

My family and friends were all very supportive of me during this confusing time. They would wait for me to do small everyday things like ordering food, answering questions or even playing the drums,

**something I've been doing since I was 12.** In late 2011, while playing with our band, I got stuck. My Dad **actually climbed on stage and played the bass drum for me. He moved my foot on the pedal to HELP ME PLAY.**

Throughout this time I continued to go to GOC. The clubhouse was a place where I felt like people understood me and where I was accepted whether I was stuck or not. In early spring of 2012 I took the NAMI Peer to Peer class. While I was in the class I realized that my getting stuck was obsessive compulsive. At the time I began to realize that I might not need to do it. I made a decision at that point that I didn't need to get stuck, and decided to make a change.

**Since then I have been STUCK FREE**—this is why I can speak to you today. In

September, I was approached by NAMI to consider facilitating the **same Peer to Peer class that made such a difference in my own life.** The prospect scared me. Was I recovered enough to do this? I talked to Pam, clubhouse members, and my family about this new opportunity. I chose to try it.

Today I am one of two Peer Mentors for the most recent Peer to Peer class, and I am really enjoying it. There have been times that I have doubted my skills and when I've had a lot of anxiety. I've worked through this. I've realized that I do have the skills needed to facilitate the class and that I **AM** recovered enough to do that, and that **RECOVERY IS ACHIEVABLE. I'M RECOVERING AND YOU CAN, TOO!**

-by David S.

## Thanksgiving Fun and Football



Every year on Thanksgiving day, the Cowboys and Lions both play separate games. I liked it

when John Madden would get out his Turducken. This is a meal made up of Turkey, duck, and quail. Maybe Al Michaels will

do it this year if Madden doesn't.

Let's talk about the Houston Vs. Lions game. I think Houston has the best team in Football. Matt Shaub has become a great quarterback. Arian Foster is the best back in football. Then there is the triple threat with Andre Johnson. Their defense has a good pass rush, and is overall good.

The Lions are great this year. Matt Stafford is a great, young, quarterback. Which quarterback is more hungry? "Megatron"

Calvin Williams might be the best receiver in the league.

The second game might be quite entertaining. An NFL East matchup: Cowboys vs. Redskins. The Cowboys might have a better overall team, but the Redskins have surprised some people. Robert Griffin the Third (RG 111) might be the best offensive weapon this year. And he's a ROOKIE!

by Mike L.

## THANKSGIVING A HISTORICAL PROSECTIVE



The year is 1614, and the English under long past

reformation from the Roman Church start embarking to North America. The English colonies, upon the return journey of an expedition to capture and sell the Native Americans under their known established tribal name of Pawtuxet, are finding the trading and selling of slaves to be a very difficult business with many rightfully worthy downfalls. The British, upon bringing natives back to the continent of Europe, leave a viral blood infection commonly known as small pox; most likely caused by very serious lack of hygiene among sailors on the British Clippers.

Somehow in the arduous process, continu-

ing voyages to and from the British colonies, the thought of generating immoral revenue among the Pilgrims never held and they were motivated by a religious revolution of their own. Yet one lone and now extinct Native American of the Wampanoag Confederation survived the endeavor to become a short revolution for peace. However it was not maintained peace among the two entities or therein among various European nations.

His name was Squanto. Squanto, through various interactions with the English, managed to pick up the English language piece by piece. In achieving this ability to communicate peaceably he started the imagery found today to be the meal spiritually, and wonderfully induced as The Thanksgiving Feast for America. The various reasons for new ethics with trading, was the simple need to survive. Squanto knew how to use the Maize to better the cultural barrier. Maize is now known by

the name of corn for many, and is also one of the best naturally found food's for humans and animals alike. Squanto like most Native Americans of the time, likely knew how to farm.

Ironically enough in the American world of today, this peaceable process is still in serious jeopardy. Through this slave process, and many wars following the foundation and fighting for colonial America i.e. the Civil War, farming for life has been scarce. From these changes in "**HISTORY**," life and the goal of being thankful for survival have not changed too much. Let us all be very thankful for the unity food can bring with the help and grace of friendship. Amen, Shalom, 良い知らせ, and let's continue living in unity!

-by Travis H

## Thanksgiving 2012



Last year's Thanksgiving Day was the best in my entire life.

My family and I had it with my brother Mick, at this house. At dinner time, I witnessed in front of my entire family how I

was thankful that year (2011), for coming to my Lord, Jesus Christ as my Personal Lord and Savior. I was saved on May 11, 2011.

Later that day (after dinner) I went on the patio to smoke my cigarettes and one by one my nephews and nieces gathered

around me for whatever reason and we talked and told the funniest jokes. My nephew's wife was a little tipsy from alcohol but she was feeling no pain.

When my dad said it was time to go home, I really didn't want to leave.

## I succeed to Being Thankful



I remember when I was alone, and had no desire to live, suffering from a mental disorder and addiction. Having no self worth and feeling like a liability instead of an asset is no way

to live. I was spiritually dead, physical hurting, and mentally miserable. Through suffering from symptoms of bi-polar and

having addiction episodes, one can feel hopeless. With a lot of hard work it is possible to overcome the pain, hurt, and misery. There are tons of reasons to be thankful for Thanksgiving Day. My God would be the main reason I am I am alive and enjoying life. It allows me to appreciate life and all the beauty it possesses. I will start with my family, one of my God's greatest gifts. The love received from

family and friends are precious moments that are priceless. By the grace of God I have found faith and a desire to live. Believing in oneself makes life worth living. Today I remain thankful for living. I keep an attitude of gratitude and changing my perspective allows me to overcome the tough obstacles that life threw at me. Staying optimistic about life is a lot easier than having no desire to live.

What are You Thankful For?



“I’m thankful for being alive right now.” -David S.

“Not dying through two near-death experiences.” -Travis H.

“This place, the horse farm, Lighthouse in Inverness, and my mother.” -Gregg W.

“Pam.” -Ryan

“Today.” Eric D.

“Being alive”- Cleve K.

“I’m glad to be alive” - Eddie F.

“My education, because I can always fall back on that” - Manny A.

“I have learned to be thankful for and in EVERYTHING” - Robin B

“I’m thankful for the people” - Greg U.

“My family and my friends...who keep me focused and remind me what’s important”

- Pam D.

“I’m thankful for hope and for new opportunities” - Kim I.

“Being able to take care of mother’s needs in her last days. For being able to spend her last days on earth with her.” -Marianne R.

“Having new friends.” -Yessie S.

“Being home” -Jorge N.

ASL Is Fun Lets sign the Word of the Month: Holiday Time  
Thanksgiving



To sign "Thanksgiving," start with a "q" (index and thumb) pointing down under chin. Move down to chest.

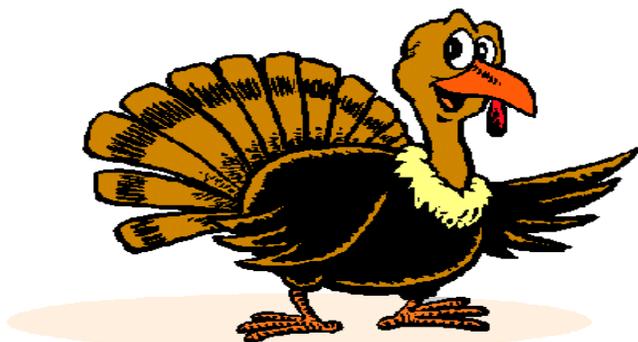


The thing I like most about the Holidays is the family time and the love we have for each other. Since I got sick with depression, and anxiety, I’m a little more reserved in these times, but I’m most thankful for an understanding family. Through my sickness I’ve gotten closer to the LORD, who has been my closest friend in this battle, and I can really say He’s my Jehovah Nissi, The LORD my Banner.

The thing about depression is a lot of people aren’t use to it and they don’t know how to react to a person with the sickness. Since I’ve been coming to the GOC, I have met my peers, who have some of the same problems that I have, so I don’t feel alone in my battles. I want more walks, or events, like NAMI walks, and other uplifting events like that. I’m very thankful GOC, because they understand my sickness and the stigmatism that goes with it. Plus, I’m a young Black man 35 years old, and the so called free world doesn’t understand that I’m not out to hurt anyone. I was born with this sickness, and if you get to know me you would like me a lot. I consider myself a down to earth person, and if you get to know me you would see that very easily entreated, and that I’m very easy to get along with. So, for anybody out there who is struggling with a mental illness, read Psalm 35, and talk to the LORD about your problems.

What I mean is mutter under your breath little prayers to God and look and expect Him to answer you. I think the voices the LORD hears coming from His Throne is the voices of mentally afflicted people saying little prayers to Him for help. See Revelation 4:5.

I heard one pastor say listening to anointed music helps bring the brain back into focus, and builds, or creates new brain cells. Go to the Christian book store and look for Praise and Worship music, preferably Messianic worship. There’s something about this kind of music that speaks to the mind, body, and soul. If you want the name of the musical artists, they are Paul Wilbur, or Ted Pearce. The next time the enemy comes against you and tells you, or anybody else makes fun of your mental illness, tell them my prayers are special. They come into God’s Throne right into His, and there’s more with me than against me, and keep going on about your day with the LORD. When you get out, or should I say before you get out of bed in the morning, just say, “LORD this is your day, make it what you will and give me eyes to see your hand”.



-by Cleve K.

## ART PAGE!

**Burden (edited version)**

Don't get near me or I'll mess you up! mess you up! mess you up!  
 Don't get near me or I'll mess you up! mess you up! mess you up!

Don't talk to me or I'll mess you up! mess you up! mess you up!  
 Don't talk to me or I'll mess you up! mess you up! mess you up!

Don't get close to me or I'll mess you up! mess you up! mess you up!  
 Don't get close to me or I'll mess you up! mess you up! mess you up!

Don't love me or I'll mess you up! mess you up! mess you up!  
 Don't love me or I'll mess you up! mess you up! mess you up!

Don't kiss me or I'll mess you up! mess you up! mess you up!  
 Don't kiss me or I'll mess you up! mess you up! mess you up!

I've got the "Messed up Touch"—everything I touch gets messed up,  
 and its such

A burden, a burden, burden.....I'm messed up!

Everything I touch gets messed up! messed up! messed up!  
 Everything I touch gets messed up! messed up! messed up!

Don't touch me or I'll mess you up! mess you up! mess you up!  
 Don't touch me or I'll mess you up! mess you up! mess you up!

I don't want to mess you up! mess you up! mess you up!  
 I don't want to mess you up! mess you up! mess you up!

I can't help it, I'll mess you up! mess you up! mess you up!  
 I can't help it, I'll mess you up! mess you up! mess you up!

I'll mess you up!

Like attracts like, and I'll give you that  
 When I'm in a good mood I'm on track  
 But when things start to go a little whack  
 I'll mess you up, and that is that!

I want to be like a battery  
 I want to be like a magnet  
 I want opposites to attract and not be a burden  
 Like in the summer wearing a jacket

-David S.

**THANKSGIVING TREATS**

Thanksgiving treats  
 Ain't they sweets  
 Nothing but gratitude  
 To you, we exude



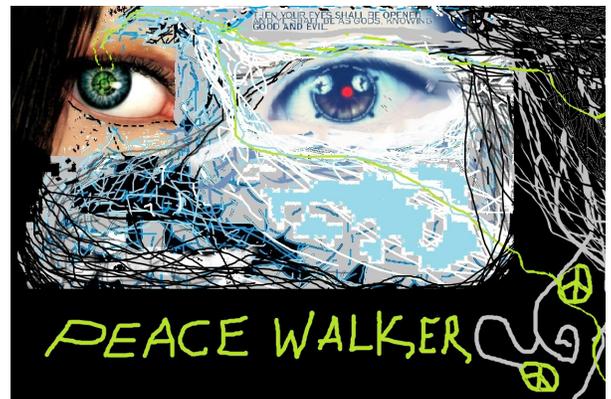
Turkey and Pumpkin Pie  
 That's what I want before I die  
 Die to you, die to me  
 Then we'll see, what can really be

Pilgrim's cryin  
 For religious freedom  
 Took a wrong turn  
 When they killed the Red Man

It's ancient history  
 Warfare throughout the ages  
 Now we're on to love  
 Predicted by the Sages

It's a New World  
 Dance in the streets  
 Honk your horn  
 Thanksgiving's really sweets

By Greg U.



Graphic Design by Travis H.

### What's Your Favorite Thanksgiving Treat (Food)



"Stuffing, all the way!" - David S.

"Pumpkin Pie." - Ryan J.

"Strawberry Shortcake." - Paula H.

"Rice." *huh???* - Travis H.

"Boston Cream Pie" - Kim I.

"My mother-in-law's mashed potatoes. They are loaded with butter, and cream and decadently delicious!" - Pam D.

"Cranberry Sauce" - Manny

"Pecan Pie" - Cleve K.

"Turnips" *really...that's what he said* - Mike D.

"Turkey" - Eddie F.

"My mom's mushrooms in wine sauce. She uses big portabella mushrooms and cooks them in a wine and butter sauce...mmmm" - Greg U.

"Turkey" - Robin B.

"Stuffing" - Greg W.

"Ham and Sweet Potatoes" - Yessie S.

"Dressing" - Andy

"Turkey" - Joel A.

"Turkey" - Jorge N.

## THE LAST WORD

"Rockin!" - David S.

"Bye" - Paula H.

"Mangiare" - Pam D.

"Swing." - Travis H.

"Go" - Ryan J.

"Teamwork" - Mike L.

"Brilliant" - Mike D.

"Thankful" Robin B.

"Amen" - Greg U.

"Grace" - Cleve K.

"Blessing" - Yessie S.

"Yummy" - Joel

"Marble" - Andy

"Freedom" - Jorge N.