



# G.O.C. GAZETTE

The NEWSPAPER FOR THE  
GANINESVILLE OPPORTUNITY CENTER



Gainesville Opportunity Center, Inc.



A World of Growing Opportunities  
www.GoClubhouse.org

## Our trip to St. Pete Beach and the 15th International Clubhouse Conference



From October 24th to October 29th, six representatives from the Gainesville Opportunity Center attended the 15th International Clubhouse Seminar in St. Petersburg Florida

There is a consensus among the GOC Staff and members who attended that it was an important event and most thought that they learned something and also got to reconnect with old friends. Some of the favorite moments were the fireworks, the closeness with roommates, the video on the Massachusetts clubhouses and the closeness of all the conferees. Of course, there are always LEAST favorite moments too and some of those were the hot weather, the too early mornings and the rained out beach party.

Almost everyone from the GOC who attended the conference had a different favorite workshop! Alexis Henderson and Mike Demers liked the fundraising workshop the best. Pam Demers liked the workshop about developing strong work units while Mike Leyman liked the "Down With Stigma" workshop and Andy Bernard liked "Clubhouse as a Coalition". Our members were also excited that they got to meet Clubhouse members from Gibraltar, Sweden, Denmark and England and every single one of them said that the most awesome thing they got to do was go to the beach!

The hardest part of the conference varied from getting up in the morning, finding the workshops, being busy, sitting through the plenary, not drinking any alcohol, and to finding enough time to do everything.

Some of the most memorable parts for some were the beach party, the drum circle and the fireworks, while Elliot Steele's pirate suite was memorable, the last day and member stories were memorable, and the Wednesday night dance was memorable for others.

Should members and staff save money to go to the 16 IS? Yes! Everyone recommended it. Here is what the conferees had to say about the 15 IS: "Having been there before will help us be better prepared."; "Yes. It is an opportunity to be part of an international clubhouse. And it's a great way to get re-energized."; "Yes. (It will) add positive experiences to your condition."; "Yes, most definitely because... (of the) amount of information and the sharing of each other's info and ideas."; "Yes. I would highly recommend it."

Everyone agreed that they learned a great deal that will help the Clubhouse in the future. Some of what was learned was the skill of listening, improving our unit development, and ideas about hosting an employer's event to celebrate our current employers and attract new ones as well, how to organize housing with an internet access, how to stimulate the board and throw effective fundraisers and advocacy on getting our name out there, and stronger methods of advocacy for the clubhouse and developing a relationship with the rotary clubs.

*-by the 15 IS Attendees*



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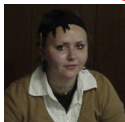
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### The Gainesville Opportunity Center's Board of Directors

<b>Bruce Stevens - President</b>
<b>Sandy Callan - Vice President</b>
<b>Patricia Sokol -Treasurer</b>
<b>Barry Wagner -Secretary</b>
<b>Alexis Henderson</b>
<b>Dick Dugan</b>
<b>Markus Dietrich</b>
<b>Edward "Andy" Bernard</b>

## Clubhouse Employment

### Working Member Interview



*Where do you work?*  
Gainesville Health and Fitness  
at the Newberry Rd site

*What do you do there?*

I work in Housekeeping, so I clean the locker rooms, wash floors, clean equipment and anything else that needs to be cleaned.

*How long have you been there?* 8 months

*How did you get your job?* Through Pam, she met with one of the managers who interviewed me, but I had to go through two additional interviews that were hard. Pam keeps telling me that she “got me in

the door but I got the job”. I think of it as she got me the job

*What is your favorite part of your job?*  
Having stability and making money.  
That part is awesome

*What is your least favorite part of your job?* Cleaning up gross stuff, you’d be amazed at how much gross stuff gets accumulated outside the building

*When was the last time you worked before starting at GHFC?* I had a job 3 years ago, at the state hospital, but I didn’t keep it too long. I got sick again.

This is the longest I’ve held a job in a long time.

*What was the hardest part of the transition from being at the club to working?*  
Trying to still go to the clubhouse and work as well, I’m so tired at the end of my shift, it’s hard to keep motivated

*Do you still come to the club?* Yes, I need to. It helps keep me grounded. I don’t think that I come enough though.

*What is your advice to anyone looking for work?* Keep trying, something will come though

-by Mike Leyman

### Transitional Employment Placements

Employer	Position	Schedule	Hours	Member
St. Francis Catholic High School	Kitchen Asst.	M-F	25	Joel Andresen

### Supported and Independent Employment

Member	Position/Employer	Hrs/Week
Crystal Aycock	Dishwasher/Meridian	15
Dave Byrd	Peer Specialist/Meridian	20
Sara Olney	Fiscal Clerk/Meridian	8
Sandy Callan	Peer Specialist/Meridian	20
Greg Umlauf	Crew Member/Burger King	15
Angie Marlette	Peer Specialist/Meridian	20
Alexis Henderson	Housekeeper/Gainesville Health and Fitness	25
Jane Page	Cashier/Win-Dixie	20
Dave Jefferies	Groundskeeper/Meridian	4



Joel at work in the Kitchen at St. Francis High School. Doesn’t he look great?

### Employment quote of the month:

“I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen. - Frank Lloyd Wright

# Meet our members

## New Member Highlight -Pete O.



*We don't have a picture of Pete so we inserted this instead. Hey Pete! Let us take your picture will you...Please!*

*How did you find the clubhouse?* Through my sister Sara. She's been a member for a while and has been talking to me about it and got me interested.

*How long have you been here?* 3 weeks, I just started.

*What do you hope the club can help you with?*

Getting a job and a place to meet people and share certain interests

*What skills do you have that could be used here?*

I am good on the computer and have office skills. I also am willing to do anything that the clubhouse needs

*What were you doing before you came here?*

I was un employed and looking for work but mostly I wasn't doing much.

*By Michael Gimson.*

## My Story - Andy B.



My name is Andy B. and I have been a member since 2007. I first heard about the clubhouse through Meridian. A group of staff had gone to a training and heard about clubhouse there. Sue Eichner mentioned it to me and I was interested.

In July 2007 I went tot the Information Night that GOC had at the library and I was hooked. I met with Mike later on

that month at the library and eventually at his house. Before we knew it we had become the "Clubhouse Without Walls", and began touring other clubhouses in the state. We also went to Tallahassee to meet with local and state representatives and talk to them about clubhouses in Florida and funding.

I still come to the clubhouse 3x/week, and help by answering phones, doing dishes, and making lunch. I have had

more time on my hands since I was laid off from my previous position, I recently took Pharmacy Tech Classes and am studying for my certification exam.

The clubhouse has been a place for me to meet people, develop friendships, improve my skills and most of all; it is a place for me to grow positively with my psychiatric condition

*-By Pam Demers and Andy Bernard.*

## Member Interview - Mike Leyman



*How long have you been a member?* 2 years, I was one of the Charter Member, which means I was around before the club had walls

*How did you find the clubhouse?*

Through Pam, she was working at Meridian and met me at the Rehab building and told me about it.

*What things do you do here?* Data entry, attendance, vacuuming, fundraising. Pretty much anything that needs to get done.

*What is your favorite part?* Interacting with members, and talking sports. I like working on the computer too and feeling like I am part of something.

*Do you work?* Not yet but soon I hope. I am going to be starting a TE at St. Francis High School as soon as I figure out the bus schedule and how to get there.

*Have you ever been to any other clubhouse?* Sedona House, Club Success, Lighthouse and Vincent House.

*What kinds of things do you like to do when you're not at the club?* Play video games, watch movies, watch football or

any sports for that matter. Any team from Philadelphia is my team

*How do you get to the club?* My parents bring me.

*Has coming to club helped you?* Yes.

*How?* I am proud to have many friends, to have learned new skills, and to have taken the lead in some fundraising campaigns

*Would you recommend coming to the club to other people?* Yes, it has helped me I so many ways, it can help you too.

*- by Pam Demers*

## Meyer vs. Spurrier



VS



Urban Meyer and the Gators are undefeated. Spurrier would always run up the score with the Gators. Urban Meyer chooses a different strategy. He chooses to beat the opposing football team by, winning the game by as many points as it

takes. When you think about it; it's really an ingenious strategy.

Spurrier rebuilt Florida's offense and whole football program. He Was the first Heisman to coach a Heisman Trophy winner. Danny Wuerffel, when the gators won the national championship in 1996. Meyer won 2 national championships with the Gators.

Many people think that even though Meyer has at least two national champion-

ship. Spurrier would actually have more legacy for Florida. I disagree. Spurrier is no longer with the gators. People like Danny Wuerffel, stay in Florida, and do commercials, and help Gainesville citizens with contributing to United Way.

Tim Tebow does the same thing. He also does Ministry work. Wuerffel went to the NFL. Tebow may or may not go for the NFL.

*By Mike Leyman.*

## Executive Directors Notes



You know that old song Money, Money that Liza Minelli sang in Cabaret, well that's my theme song lately. It seems I spend most of my time these days looking for money for GOC and the nine other clubhouses in the state.

On November 12th, I met with Larry Cretul, the Speaker of the House for the State of Florida regarding allocating money for clubhouses in the upcoming budget. We had met with him almost 2 years ago at the State House in Tallahassee. At that time he said there was very little he could

do, today I went armed with statistics and research and it worked. He and I will be meeting regularly to see what can be done. So keep your fingers crossed (and your toes...if you can!).

As far as GOC goes we are in the midst of organizing a letter writing campaign to ask for donations for the clubhouse. We hope to be sending out at least 500 letters to prospective donors in the hopes of raising some additional funds.

We have also changed our DCF contract this year. That will effect the members more than anyone else. Prior to July 2009

we had an outreach contract. We received the same amount of money each month regardless of how many member came to the club. Well as we have grown our contract has become more complicated, but it boils down to the more time you spend at the club, the more money the club gets.

But there is a catch (you knew there had to be right). Well it seems that in order for the club to get reimbursed from the state, you need to sign in. Even if you are only here for 15 minutes, it counts. So please remember to sign in, and thank you for all that you do.

*-by Mike Demers*

## The Clubhouse Connoisseur



*Sheeees baaack! After a short sabbatical that included working, and caring for family needs our chief chef is back. Though she is still working she has found a way to squeeze her wonderful recipes. Enjoy this Christmas Classic.*

### Ginger Cookies



Thinking of Christmas always reminds me of ginger bread houses and cookies. Here is a classic recipe, that will warm you on a cold winters night and bring back memories of childhood

#### Ingredients:

1 cup molasses  
1 and 1/4 cup sugar  
1 Tablespoon baking soda  
1 cup margarine  
1 cup hot water  
1 teaspoon powdered ginger  
1 teaspoon cinnamon  
1 teaspoon ground cloves  
3 cups flour  
Powdered sugar for sprinkling

#### Directions:

1. Preheat oven to 350  
In a bowl, mix together molasses, sugar,

baking soda, margarine, and water.

2. Add spices. Little by little, add flour and combine a stiff dough. If dough is too sticky, add a little more flour. Refrigerate dough for a couple of hours.











3. On a floured counter, roll the dough with a rolling pin and cut into shapes with cookie cutters. Place on an ungreased baking sheet

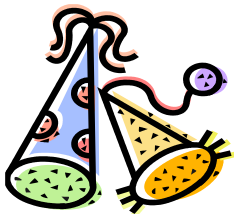
And bake for 10 to 12 minutes. Top with powdered sugar. Makes about 3 dozen cookies.



# Happy Holidays

The days highlighted in gray are days that the club is closed.

 <b>DECEMBER 2009</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4  Happy Birthday Sherman C.	5
6  Board of Directors meeting 6:00 pm	7	8	9	10	11	12  Hanukkah Begins
13	14	15	16  Holiday Party 4pm –6pm	17	18  Ramadan	19
20	21  Winter Solstice	22	23	24  Christmas Eve Club Closed	25  Christmas Club Closed	26  Kwanza Begins
27	28	29	30	31		
<div> <b>CLUB CLOSED DECEMBER 28TH TO JANUARY 1ST</b> </div>						



Happy Birthday: Sherman C. 12/4

**Please note Pam and Mike are taking a vacation. Since we are the only two staff, the club will be closed from Thursday December 24th to Sunday January 3rd 2010. We will re-open on Monday January 4th.**



**Gainesville Opportunity Center, Inc.**

**GOC**  
A World of Growing Opportunities  
[www.GoClubhouse.org](http://www.GoClubhouse.org)

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

- 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

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**Clubhouse**  
**Standard of**  
**the Month**  
**Standard # 10:**  
Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities.

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