

GOC GAZETTE

THE NEWSPAPER FOR THE
GAINESVILLE OPPORTUNITY CENTER



Our New Clubhouse Site



We have a new clubhouse location. I ride my bike there now. The place is beautiful. We average about four members a day. It is so nice. We have a quiet moderately spaced room in a building in North West Gainesville. It is a very nice location and not too hard for new members to find. There is a beautiful fountain out front. Deacon Mike Demers and I dream about putting fish in it. Its great just the same. Pam's office has a great big window with blinds that you can look out of.

The reception desk is the first thing you see when you come in. We always have friendly people to answer the phone and take messages. Right across from the reception desk is the kitchen. It's a nice kitchen with cabinets and everything a kitchen may need. Straight across from the other wall is our GOC sign. There is a nice sized table for people to do work on the right next to the sign. Then, there is a dining room where we eat and talk during meals. Rhyne and I play chess there. To the right of the dinning room is one of our computers. Pam's desk is right next to that. On the wall

across from the kitchen are the shredder and a shelf with important files and documents. To the right there is the computer room. We have three computers in there. There is also a phone and a file cabinet in there. There are also some file cabinets that I have not mentioned.

Now I will talk about the experience of coming to GOC as a member. As I said I ride my bike. So does Travis. Travis and Joel are very talkative. They keep the place lively. Pam also often participates in discussions at lunch time.

There is a white board with jobs on it that people have. I have only beat Rhyne twice at Chess in the Dining Room. Mike and Pam are very serious at the work they do. That makes me work harder and take work at the club more seriously.

I get excited about our GOC Clubhouse when new members come. We treat them with utmost respect. After lunch we go on a ten minute walk around the beautiful lake behind the clubhouse office building. Then we come back inside to do more work. Members come in at different times during the day. So, overall, I love our new building and I think it's classy.

-by Mike Leyman

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Fountain



Members in Computer Lab



Conference Room

The Gainesville Opportunity Center's Board of Directors	
Bruce Stevens - President	
Edward "Andy" Bernard - Vice President	
Patricia Sokol -Treasurer	
Barry Wagner -Secretary	
Markus Dietrich	
Sandy Callan	
Joe Savastano	

OUR CALENDAR

APRIL

1ST PALM SUNDAY
8TH EASTER
9TH-14TH PASSOVER
17TH TAX DAY

19 HOLOCAUST DAY
22 EARTH DAY
25TH ADMINISTRATIVE
PROFESSIONAL'S DAY
27TH ARBOR DAY

BIRTHDAYS



APRIL 3RD CHERYL S.
APRIL 12TH FLORENDA B.
APRIL 13TH DAVID S.
HAPPY BIRTHDAY EVERYONE!!

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

"The best way to appreciate your job is to imagine yourself without one."

-Oscar Wilde

Volunteer Work

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

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

Congratulations for New Jobs

Andy started his new job on 1/2/2012 at his new job at St. Francis High School as a Kitchen Assistant. He helps prep and serve food and washes pots and pans.

Alexis started her job on 1/23/2012 where she co-facilitates the NAMI Peer to Peer Program.

See David's article on page 4 for an explanation of Peer to Peer and keep an eye out for upcoming

- *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 call her at 224-5523

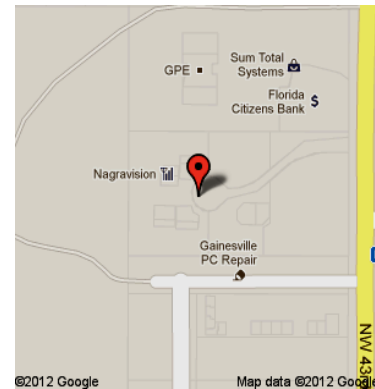
When further funding becomes available we will be able to increase our staff to cover our work-ordered day program, which will support a strong Transitional Employment (TE) Program!

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Palm Sunday</i>	2	3	4	5	6	7 <i>Passover</i>
8 <i>Easter</i>	9 <i>Passover</i>	10 <i>Passover</i>	11 <i>Passover</i>	12 <i>Passover</i>	13 <i>Passover</i>	14 <i>Passover</i>
15	16	17 <i>Tax Day</i>	18	19 <i>Holocaust Day</i>	20	21 <i>Belk Fundraiser</i>
22 <i>Earth Day</i>	23	24	25 <i>Administrative Profes-</i>	26	27 <i>Arbor Day</i>	28
29	30					

SAVE THE DATE: APRIL 21, 2012

April 21st from 6am to 10am is the Bi-Annual Belk Charity Sale. This is a ticket only event...tickets are \$5 each and you get your \$5 back if you buy over \$25 worth of goods. There are many rarely discounted brands and everything storewide is 20% - 70%! Call Pam or Mike Leyman for tickets or questions, and thanks!



WE HAVE MOVED!!!

We are in the Meridian Centre at 2772 NW 43rd Street, Suite B1, on bus #43

Get off at Bank of America, cross the street. Walk up the driveway until you get to the cul-de-sac (you'll see the pools with a fountain). Follow the walkway on the left of the pool, take a right, and our suite is the last door on the right!

GOC Open House



On March seventh, 2012, GOC had an open house for existing and perspective members as well as their families. Most of the people taking the Peer to Peer class came to also, the facilitators of the course, Teresa and Alexis came as well. Bruce Stevens from the Board of Directors came as well, also.

We watched a video about the clubhouse (for people from Peer to Peer that weren't already members of the clubhouse), and a video about Peer to Peer) for people that were members of GOC, but weren't taking Peer to Peer.

There were snacks and everyone was talking to one another. And, it seemed to me that the people taking Peer to Peer enjoyed the GOC

video, and the GOC members enjoyed the Peer to Peer video. Hopefully the videos will help people who otherwise didn't know about the GOC or Peer to Peer to learn enough about them that they, if they want to, sign up for the next Peer to Peer class, or to become a GOC member.

-by David Stevens

A Championship Tainted?



I heard recently that the Super Bowl 44 Saints have among players (and possible coaches) ideas to knock Quarterbacks out of games. I was disappointed. The Saints were so talented (still are). This makes me angry because 1: it taints the game like baseball's image; 2: football is America's pastime; 3: the fans enjoy the game more when they know it is clean; 4: did the Saints really need that bounty to win?; 5: if any coaches knew about it then that is a shame because they are many years older than the players are;

6: it hurts to know that Brett Favre could have won another Super Bowl with the Vikings. Brett Favre's record for most games starting was questionably ended by being knocked out by the Buffalo Bills. There is no proof in that and I am not accusing anyone on the team. However, 297 games is a great number for the record, even though I wanted him to get to 300.

So, back to the Saints: Michael King (the great writer for Sports Illustrated) has been on "Around the Horn", and maybe other sports shows talking about

very valid things. "Did the coaches know about the bounty?"; "Did the best character players on the team know?"; "Drew Brees is the captain of that offense." He has a big heart. If he did know about it I'm sure he knows that the bounty was wrong. King also talked about the Saints "losing draft picks and having one of the coaches suspended for 2 games.

So, I know that about Katrina was a disaster, and their win gave the people hope. So, hopefully the Saints Super Bowl win will always be connected to that.

WITH GRATITUDE

Hi everyone...the Gazette is finally back after an almost 6 month absence. We have had a lot going on. The biggest change was moving. In November 2011 our landlord told us he had found a tenant who would be able to rent the entire building...something that they had offered us to do several times but we simply could not afford it. Though we were happy for Tim and Tatonka Realty, we were sad. That had been our home for 3 1/2 years. It was our first home, our walls when we had none. However, it was time to look for new space.

We quickly realized how hard this was going to be. We had a wonderful deal with Tatonka, and our rent included all the utilities as well the cleaning of the bathrooms and its supplies! That deal did not exist anywhere else. However, in true clubhouse fashion we did not give up...instead we upped the ante! We wanted something better, something nicer, something brighter. We wanted a place with substance, with lots of jobs nearby, on the bus line, with some type of kitchen or kitchenette!

Well after education from the City of Gainesville about zoning, and an education from our realtor about cost of space, and an education from our bookkeeper about expenses we finally found a space we could live with and grow with.

Our new space is everything we wanted. It is

bright, cheery and professional. It has three rooms and a kitchenette so we have places to work. We have a computer lab, a conference room and general work space. We even have a wonderful walking path behind the clubhouse for us to walk after lunch daily!

There are several people who were instrumental in both getting our new space, and getting us moved. First I want to thank Perry Purcell, our realtor. He worked so hard to help us find space. He helped us troubleshoot spaces, look at the zoning needs and negotiated with potential landlords to get a price that we could live with. Thank you so much!

Second is our Board President Bruce Stevens. He worked so close with Perry that I was beginning to think they were one person. Bruce was the mediator between the clubhouse and Perry. He spent so much time looking at spaces, talking to landlords, negotiating rent costs, making needed changes to the lease, coordinated all of this with the rest of the Board of Directors and me. All this while working full-time and being an active member of NAMI! Thank you Bruce...without you we would be without walls again...something we really did not want to do. Words cannot express my thanks and that of the membership.

Thirdly...Barry Wagner and Trish Sokol. Barry and Trish took the lead with getting all our stuff

into the new location. Each day members and myself would pack up boxes upon boxes and the we would come back the next day and they would ALL be gone. It was like having moving fairies...REALLY. If it could be fit into a minivan or a car they took it. You guys are angels and we are truly grateful for your efforts.

Lastly...but never least...I want to thank all the members and volunteers who came in on a Saturday morning to help clean our new space. It had been unoccupied for some time, and was in need of cleaning. People came with mops, brooms and vacuums. They brought paper towels, window cleaner and bleach. Volunteers even bought lunch for us that day. NAMI brought us lunch both that day and for the first week before we could get ourselves settled. Thank you for your time, energy and support.

Getting here was truly a group effort...a community...a clubhouse. This is what we do, and we did it well. So if you haven't made it by, come see us. We are here Monday, Wednesday, Thursdays and Fridays from 9-5. Lunch is still at 12 noon. We would love to see you

-by Pam Demers



My Experience Taking Peer to Peer



NAMI has offered Family to Family (Families who have someone in their family with a mental illness teaching other families with someone in their families with a mental illness about how to live and manage with their family members that have a mental illness) for several years now in Gainesville. My parents have taken Family to Family, and that is probably one of the reasons why they "deal" with me so well, with my mental illness.

Peer to Peer is also offered by NAMI, and is similar in that it is people "who have been there" teaching other people "who have been there".

Peer to Peer, for me has been a great help. For one thing, it is wonderful to have people there every week who have been in similar situations that I have been in. One example is having obsessive compulsive thoughts. For years I have been getting "stuck" doing everyday things like pausing while talking and stopping at cracks in the ground, and pausing or stopping doing other things. I didn't know that while I was doing this pausing and stopping, that I was doing it because of OCD. Just this realization that what I was doing was because of OCD, helped me to realize that I don't need to do it. So, I have been "stuck"-free since that realization that came to me because I was taking Peer to Peer.

I would recommend anyone who has a mental illness to sign up and take Peer to Peer. It is a wonderful class that has a lot to offer anyone who has any kind of mental illness. Go to the GOC website, goclubhouse.org, click the NAMI link, go to Peer to Peer, click on "click for more information", click on "visit the national website for the NAMI Peer to Peer Program", click "get involved", click "find your state and local NAMI", click "FI", scroll down to "NAMI Gainesville", and you will see contact information if you want to sign up for Peer to Peer. I highly recommend it!

-by David Stevens