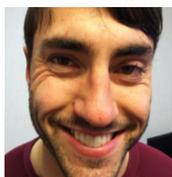


GOC GAZETTE

THE NEWSPAPER FOR THE
GANESVILLE OPPORTUNITY CENTER

What's Going On With Those Computers? A Conversation With Mike D. and Ryan J.



What is going on with the GOC computers? We've seen lots of new computers and parts that have been hanging around. What's going on?

Ryan: UF donated some new workstations. I took inventory of the hardware components.

Mike: We got rid of the old computers and used some parts in the new computers. Then, Ryan set up one computer with a new operating system (Windows 7), and new Microsoft applications (2010 edition). We put in a new server, making it easier to maintain the network. Right now we are taking an image of the desktop of one of the workstations and copying it to the other workstations. This will make it easier to maintain the workstations because if there are any problems you can copy the image back on to the computer that was having problems.

Couldn't we do that before?

Mike: No, because the computers weren't set up that way.

What is the Ultimate Goal?

Mike: To set up a network that supports members to do work of the club, especially to access the internet, find jobs, keep track of the membership, put out the newsletter, and anything else that members want to do.

Ryan: The ultimate goal is to have a stable, secure network for clubhouse members to work on: jobs, keeping in touch, and database work.

Why are we upgrading...everything seem to be working okay?

Mike: The most important reason is so members in the clubhouse can learn the software and computer systems that are currently used in business and education.

How is this going to affect the clubhouse? Will we be without computers at all? Will they be easier to use?

Ryan: They should be easier to use.

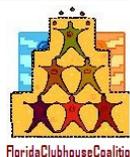
Mike: They should be less computer problems. We won't be without computers at all.

What experience do you have in building and networking computers?

Ryan: I have had mostly informal education.

Mike: I used to be a network administrator for Portsmouth, Rhode Island.

David S.



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Special thanks to Mister Paper Office Supply for their generous donation of a ream of paper to the clubhouse. Thank you so much for your support!



Keep the Date!!!

**Blue Springs Trip on Saturday August 4th.
We are leaving at 9:30am. Space is limited so call soon!**

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
- Jennie Whitson

AUGUST 2012

OUR CALENDAR
4TH BLUE SPRINGS TRIP
20TH PUBLIC SCHOOL STARTS
22ND UF AND SANTA FE COLLEGE FALL SEMESTER STARTS

BIRTHDAYS
3RD MARIANNE R. 5TH DEBORAH S. 8TH SHIRLEY M. 18TH CHRIS F. 19TH ROBIN B.

Happy Birthday Everyone!!!

Clubhouse Employment, Education and Volunteerism - ***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

Volunteer Work		
Member	Position/Work Site	Hours/Week
David Stevens	Dog Walker/Gainesville Pet Rescue	4

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
Alexis H	Peer to Peer Facilitator/NAMI	2
David J	Groundskeeper/Meridian	4
Deb O	SE Newsletter Editor/Meridian	5
Joel A.	Shipping & Receiving/Express Employment	40

Employment Quote of the Month

“Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you'll have more success than you could possibly have imagined.”

-Roger Caras

CONGRATULATIONS TO

Mike L.– Going to Santa Fe College and taking prep classes for the Welding Program

Joel A.-New job at Wal-Mart in Shipping and Receiving

- *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

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Club open</i>	2 <i>Club open</i>	3 <i>Club open</i>	4 <i>Trip to Blue Springs. Leaving at 9:30am</i>
5	6 Board Mtg 6:-8 <i>Club open</i>	7	8 <i>Club open</i>	9 <i>Club open</i>	10 <i>Club open</i>	11
12	13 <i>Club open</i>	14	15 <i>Club open</i>	16 Club Closed at 12 noon	17 <i>Club open</i>	18
19	20 <i>Club open</i>	21	22 <i>Club open</i>	23 <i>Club open</i>	24 <i>Club open</i>	25
26	27 <i>Club open</i>	28	29 <i>Club open</i>	30 <i>Club open</i>	31 <i>Club open</i>	

Interview with Gainesville Opportunity Center Board of Directors: Jennie Whitson



How long have you been on the Board of Directors?

I'm the newest board member; I've been on the board about three months.

What kinds of things do you do on the Board of Directors?

I help with the bookkeeping, attend the board meetings, help fundraising activities, and

explore different ways to inform more people about the benefits of Gainesville Opportunity Center for the members and for our community.

How did you find out about GOC?

I met Pam and Mike Demers through the accounting firm used to prepare the initial Not-For-Profit tax returns for.

What made you want to become a part of the GOC Board of Directors?

As I learned more about GOC, the Clubhouse model and the Demers, my respect and admiration for what they are accomplishing grew. I don't know of anyplace else here in Gainesville where people recovering from emotional illness can go to rebuild their self-esteem and independence.

What is most rewarding about being on the Board of Directors?

I am amazed how knowledgeable and dedicated all the other board members are. I learn more and more each meeting about the challenges faced by club members and by the warmth and support available to them at GOC. I have also had the pleasure of getting to know some of the club members; they are wonderful, friendly, smart and clearly love coming to GOC.

Do you have any other connections to the mental health field?

I don't have any experience in the mental health field and am enjoying learning so much!

What do you do for a living?

I work with two world-famous dermatologists, helping people combat the signs of aging, sun-damage, sensitive skin and acne. I love seeing people become happier with their appearance -- I know how important it is to feel great about yourself!

Do you have any kids?

I have been blessed with two grown sons, a wonderful daughter-in-law, and two amazing, fabulous grandchildren: Ethan and Sarah.

Do you have any hobbies?

I love spending time with my grandkids, reading, spending time with friends and making new friends.

-by David S.

THIS YEAR IN REVIEW JULY 1, 2011 - JUNE 30, 2012

Each year as part of my job, I have to pull together an Annual Report. An Annual Report, is basically a year in a review, a fiscal look at the clubhouse. This year, as I prepared that, I began to think about what we have done and didn't do, about our successes and challenges, about our members, or volunteers and the clubhouse as a whole. What a year it has been!

Lets start out with some numbers. Last year 47 different members attended GOC. Each member averaged 5.5 hours/day, not bad for a 1-man operation!

Our employment numbers blew me away. Though we earned less money this year than last year (given the economy, that was a given), we improved in many other areas. 14 different members worked this last year, we averaged 11hours.week, and earned over \$70,000. The average hourly wage was \$12/25/hour!!! Let me remind you that minimum wage in Florida is \$7.31/hour, so we are making way more than that!! Great job guys.

The biggest news of the year was our move. In November we found out that Tatonka Realty, the company who owed the 1717 NE 9th St. building, had found a tenant who wanted to rent the entire building. This had been once of their goals for several years, and we were given first choice at renting the space, but we didn't have the money to rent the whole building. So we needed to find a new home...and find one we did! It took us several months, and some hard choices had to be made, but in the end we found a beautiful new space. We gave up a full kitchen area, but added a computer lab. We gave up hot lunches but added a bright area and space. We gave up a location that everyone knew, and added a space that is more professional, and brighter. All in all we gained more than we lost. Some members have not found us yet, but most have and we have gained many new members as a result too!

We had some really fun activities this year as well. We started the year with a trip to The Jacksonville Zoo. 10 members, a volunteer and I went to the zoo. It was hot, but the zoo was great. We saw giraffes, hippos, apes and more, but it was hot...did I mention it was hot!

Later that summer we went min-golfing at Skate Station and had fun there too. About 10 members and friends showed up,. Again it was hot, and the waterfalls were looking a little too good, but we all stayed dry! We determined that I was not a good Mini-Golfer...but I already knew that!

In mid-November Alexis and I went to Washington DC for the US Clubhouse Coalition Meeting. We both had a good time, but we worked hard. We connected with other clubhouses around the country, about our plight, as well as programs that other clubs run. Alexis was especially interested in DRA Meetings, but we didn't seem to have enough interest to get one started at this time.

We were open for our FIRST Holiday this year! On Thanksgiving Day, we had over 20 people at the clubhouse for a full turkey dinner, complete with all the trimmings. Everyone had a great

time, and enjoyed the company.

We took a 6-month hiatus from activities until May when held our first Open House. Over 75 people came to see the club (most between 6 pm-7pm), and it was wonderfully crowded. We had many people who had NEVER been to the clubhouse before come. We received a few referrals from the event and more importantly educated many people about what GOC does, who we help and how we do all that we do. It was awe inspiring to see all those guest in the club. We received several donations as result as well!

Over the year we have had help from many people and companies. The list is long, but worthwhile. First and foremost I would like to thank my Board of Directors; Bruce Stevens, Andy Bernard, Trish Sokal, Barry Wagner, Markus Dietrich, Sandy Callan and our newest Board Member, Jennie Whitson (see her interview on page 3). You guys have given so much of your time, to us. You have come through so many times for us...we cannot thank you enough. Our Board was instrumental in getting us our new space and getting us into it. We would be homeless without you, so thank you. Thank you for sticking this out, for not giving in when times looked dark, for believing in us, when others did not. Thank you so much.

Other thanks go out to Mike Demers, our for ED and now our IT Department. He has put in so many unpaid hours getting our computers packed, moved and reset. And then he spent time working with us to get our new computer systems set-up and upgraded. Our thanks goes out to Bruce Stevens, for rebuilding the bathroom, and making it look so gorgeous. Our thanks goes out to Trish Sokal and Barry Wagner, our moving fairies...each day we packed several boxes and every night they disappeared! Our thanks goes out to Terrie Mullin and Susan Boulet for taking the lead with coordinating our Open House...you both are the main reason for it's success. Our thanks goes out to Jennie Whitson, who does our books each month. Our thanks goes out to Ace Cartridge Supply for the donation of toner, repairs and printing services...you always manage to come through for us! Our thanks goes out to Tricky-Jannus for donating the printing of our Annual Appeal brochures. Our thanks goes out to University of Florida for the donation of 6 new computers, monitors and keyboards. We are upgrading because we have the machinery to run the programs we need...thank you. To our many donors...you know who you are, thank you so much. Your financial support makes all this possible.

Finally I wish to thank the **members** for everything you do. You have worked tirelessly at data-entry, attendance, getting job leads, pulling together data for the food bank, the ICCD and other agencies as needed. You help each other, when I can't. You are what makes this club successful. A club is as strong as it's members and we must be very strong.

It was a great year and I look forward to this next year...we will continue to grow, to thrive and hopefully to get more money so we can do more. Thank you for everything everyone!



Tips for Self Care

Here are some self care tips that you can use to feel better.

Try drinking 8 glasses of water a day. You might want to carry a water bottle with you.

Eat some vegetables, fruit, and whole grains. Avoid sugar and limit your caffeine intake.

Exercising 30 minutes a day can make a big difference. Watch TV 23 and a half hours a day, and exercise 30 minutes a day! Try partnering up with a friend and mixing it up!

Make a gratitude list. Being positive and grateful have been shown to make more serotonin. This is a feel-good hormone located in the brain.

Smile and laugh! Find people who do the same!

Spend time playing with your pet.

Spend time around your family and close friends and ask them for what you need.

Work, volunteer, and go to school.

Live within your means and create a budget.

Write in a journal.

Sleep at least 8 hours a night, and try to go to bed at the same time every night.

Do Yoga.

Be spiritual. Attend a place of worship. Pray. Read.

Use a mood tracker (DBS Alliance has one you can use).



-by David S.

Does Allen tip the scale??



After the 2012 NBA Finals were over, LeBron James and the Heat were ecstatic! LeBron had **FINALLY** won his first NBA Championship. They received the Championship Trophy with Gusto. They passed it around to every teammate and their coach.

After the game an emotional Kevin Durant held his mother in his arms and wept. As talent was concerned, either team could have won. So I thought in my mind, as well I'm sure as others did, that this could be a decade filled rivalry.

A few weeks later Ray Allen signed with the Miami Heat. I was disappointed because I thought next year was their only chance at

another title. The Celtics are a very good team, but also a very old team. Their only young star is Rajon Rondo. But with Garnett and Pierce getting older, it doesn't look like they will win a Championship next year.

Yet I was more upset over the fact that with the Heat signing the all-time three point shooter in Ray Allen, they now have a "Monopoly". I mean they could win without him, but with him it's like an all-star team.

I'm upset that the Heat have the deck stacked and it's gonna take a trade or signing to bring the Thunder back into the finals. I hope the Thunder can win some titles, and I am very excited!

-By Mike L.

Clubhouse Coalition Meeting

On June 22nd Pam, Andy, and I went to a Clubhouse Coalition in Orlando. Pam is the President of the Clubhouse Coalition, and Andy is the Treasurer. In the morning, everyone, representing their clubhouses, told how things were doing with them and their clubhouses.

In the afternoon, Pam dropped the idea, and we all agreed that each clubhouse in the coalition do a small part of the job that Pam used to do because she didn't have the time to be the Executive Director of GOC and do the whole job, with out help, of the President of the coalition at the same time.

One by one, a person or persons representing their respective clubhouse, volunteered to do one task on a list of things that Pam used to do on her own. Now, Pam won't have to spread herself thin out so much over the GOC and Clubhouse Coalition.

These are the responsibilities each clubhouse has that used to be Pam's job all by herself:

Bills/Paying bills– 8th Hill Clubhouse; Dues/Membership certificates-Sedona House; Restarting/Updating website-Club Success; Facebook/Twitter/Social networking-Focus House; Coordinating of quarterly meetings/food-Recovery Place; Tallahassee trip coordination– Key Clubhouse; General coordination of assignments– Key Clubhouse. Pam Demers will do a) IRS paperwork-reinstate 5501(c)(3); b) yearly state paperwork; c) coordination of Clubhouse development/issues with DCF; d) FCC phone calls e) Coordination of ICCD/USCC info.



-by David S.

ART PAGE!

*Flight*

I sit on one of the benches in the center of the park, waiting for the rock pigeons to fly. Every day, they eat the leftovers from the lunchtime picnic rush. Every day—as long as I’ve been around here—a couple weeks, give or take. But when there’s nowhere to go, nothing to do, each hour measures from end to end of the sky.

I could say the reason I don’t leave before the pigeons is impeccable politeness. My mother always said we should never leave the table until everyone finished. But that’d be a joke- I’m still recovering my laugh.

Recovering—what it’s called, what I’m doing. In and out, in and out of the hospital, what have I left to cover? Thin as bird legs-following the weather, following my whim. Instinct. Whichever wind’s the strongest.

Some days I can’t see more than the bead-like eyes, robotic movements. But now, at two fifteen on the dot, the earliest bird leaves-to light on a tree behind me. I lean my head past the back of the bench to see its silhouette flapping under deep blue. I spread my arms across the bench. For a second, I’m sailing too.

A street musician I met yesterday looked past me, said, *we’re all under this sky like we’re caught in water. Said, we’re under, looking up, but seem to be stuck here, never seeing past the surface till we break it.* I imagined past the sky in the shape of a bird, blue broken by gray and white.

I’m staying with my uncle for now, sleeping on the couch of his small apartment. A change of scenery for the summer, my therapist advised. My uncle keeps to himself, doesn’t know where I go each day, or why.

Honestly, I’m not sure I know all the reasons. But I take my pen and notebook, water, some food, and walk around the city. I lunch in this park, watching pigeons peck then take flight.

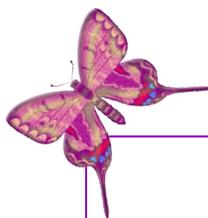
It’s hot. I’m left with the pigeons, an old woman painting the statue of a saint with stone birds on its shoulders, and two grade school boys, punching each other playfully on the opposite bench. No one else just sits, waits for birds. A woman of twenty in a t-shirt, skirt and walking sandals wastes the middle of her summer day in a small, hot, city park, waiting for birds. Yes, waiting for the birds, before I can leave—before I want to leave.

One day I’ll leave, never come back like a pigeon to the park.

You are recovering, I tell myself. This fogged up lethargy called a body. My laugh.

One of the boys stomps his foot to startle the remaining birds.

-by Holly H.



Oh Butterfly

You were once like me
a caterpillar without mention,
straining for perfection.

This is my intention
one day soon
to crawl from my cocoon.

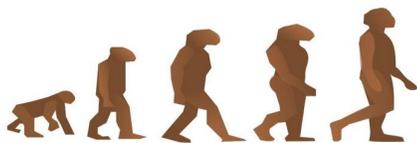
By learning all I should know.
Be shining bright from knowledge
Given by my teachers
who teach us,
so right.

I must grow into a butterfly
all shimmering gold.
Bright and beautiful.

That will be
such a sight to behold.



"Butterflies" by Cathy K.



Awake Hurt Vehicle

I look into the mirror
 And the wind blows, and I start to shiver
 And I look into the lake
 And with the wake, it destroys my face

Everything, everything's the Sun
 Everything, everything's the Sun
 Everything, everything's the Sun
 Everything, everything's the Sun

I need you
 I want you
 I'll feed you
 I'll be you

And I look into the mirror
 And when I wake
 I stop dreaming
 I have to face

Everything, everything's the Sun
 Everything, everything's the Sun
 Everything, everything's the Sun
 Everything, everything's the Sun

I need you
 I want you
 I'll feed you
 I'll be you

-by David S.

My Heart Beats for You

My Heart Beats for you,
 My Heart Beats for you,
 That's why I never feel Blue.
 And I'm stuck on you like Glue.
 When I see your face glistening from the sun,
 I feel like I'm number one.
 My Angel you are,
 Hope our relationship will go far.

-by Mike L.



THE LAST WORD

"God, give me the grace!" -Tonti I.

"Eat, drink, and be marry-for tomorrow we die." -Paula H.

"We all have to understand that we need help from others at different points in our lives, and can't be afraid to ask for it." -Henry Z.

"Go GOC!" -David S.

"God, give me the strength to keep going." -Pam D.

"I hope the Gators rock!" -Mike L.

" We miss Mike" -Kaye E.

"Pray to Jesus Christ of Nazareth who can eradicate mental illness from the face of the earth. He hears our prayers." -Greg U.

"I love going to the GOC because of the support I get and the friendliness of the members." Anonymous

"My life gets better. Then worse, then much better, and then and so on." -Alexis H.

"Hello to everybody. I wish that we could get together more often and support each other." -Katherine K.

"I love you all." -Cheryl S.

"Don't be afraid to come visit us in Gainesville." Travis H.