

CORNUCOPIA

10th Anniversary

**A place to lead A place to learn
A place to believe in ourselves**



August 2006, Vol. 10, No. 8

How I Lost 70 Pounds *by Jon Yttri*

I do not like to brag. In fact, I am proud to say that no one brags less than I do. But if you looked at my state ID, you might think it belonged to someone else. Issued two years ago, it reports my weight as 240 lbs. Last time I stepped on a scale, I weighed 169. I don't believe I've ever looked better since 1959, the year I was born.

How did I do it? I asked myself, why am I overweight when I only eat when I'm hungry? I remember seeing a TV commercial 24 years ago featuring baseball star Pete Rose selling encyclopedias. He said, "I believe knowledge is power." So I went to the city library and checked out as many books as possible.

The answer was some of what I ate made me artificially hungry—sugar, sweetener, and caffeine. I had long given up alcohol. So at sports bars, I took advantage of the free refills to drink as much soda as possible. Later, I substituted diet for regular soda.

I soon learned that whether soda is diet or regular is as relevant as if it came from a can or a bottle. Diet soda may have few calories, but it increases your appetite. Therefore, you consume *more* calories. So I discarded soda, and doubled Atlanta's unemployment rate. Now when I'm at a sports bar, I have orange juice. Since they don't allow refills, I limit calories.

I had a rule that I couldn't eat lunch before 11 AM. I kept glancing at my watch between 10 and 11. Since I had a routine of drinking three cups of coffee in the

morning, it occurred to me that coffee might be responsible for my mid-morning hunger. I reduced my coffee intake until I quit altogether.

I had been jogging for 20 years. I never felt comfortable trotting down the street with no destination. It accomplished nothing, and was cumbersome. I was always wearing either too little or too much. I had a problem with sweat clothes. Where do I hang them? How do I dry them? How do I prevent my apartment from smelling like a locker room? I never admitted to being a jogger. People found out from seeing me on the street. I replaced jogging with walking. It takes longer, but I would rather go on a two-hour walk that seems like 20 minutes than a half-hour jog that seems like three hours.

Jogging can ruin knees and mammary glands. Jogging for one hour does not make up for being a couch potato the other 23. Cleaning your apartment, building a picnic table, or digging a garden is not only exercise; it gets something done.

I don't own a car. Cars are expensive and dangerous. Bicycles require constant upkeep. Since they only exercise your legs, you wind up looking like a tyrannosaurus rex. I quit riding the bus. Buses are filled with people and obnoxious cell phones. I now walk for my medical appointments, shopping trips, and visits to friends.

I have been a vegetarian for 15 years. But vegetarianism is no panacea. I
(continued on p. 5, see "70 lbs")

West Wing Artists at Badger Prairie Health Care Center

Fine art by members of Cornucopia can be viewed this month, alongside art by residents of Badger Prairie Health Care Center, who have worked with the artists of West Wing Studios. The joint exhibition will be at the UW Red Gym from Sunday August 6 through Friday August 18.

Plans are being finalized for new construction at Badger Prairie Health Care Center in Verona. The final design phase is scheduled to begin this month, with construction to begin in about a year.

The West Wing artists have studios in the old facility. In return they give hundreds of hours of recreational activities free to residents. They are concerned about what will happen to them with the new building.

At the May 1 meeting of the Dane County Health and Human Needs Committee, Dagny Myrah spoke on behalf of the Westwing Artists and the residents of BPHCC. The artists have been working with BPHCC residents for 24 years. They provide individual and class projects depending on a resident's ability to work in a group. Some of the projects are painting, drawing, writing autobiographies and poetry, gardening, sewing, woodworking, jewelry making, clay, creative dance and movement, etc. Above all, they become friends with residents who sometimes get very few or no other visitors. They have donated an average of 794 hours a year during the past five years and believe there would be a void in the lives of residents if the 10 artists no longer had studios at BPHCC. Another benefit of having the artists on campus is that it saves staff time not having to plan these programs.

Sally Hutchison explained that Marjorie Burlow began the Westwing Artists. She saw that there was an unused wing of BPHCC and approached Jonathan
(continued on p. 6, see "west wing")

Major funding provided by:



Grassroots Empowerment Project

Any member that wants to show their paintings at the Red Gym (next to the Memorial Union) needs to come there on August 5th to hang up their own paintings. The show is in the 1973 Gallery. We will have flyers about the time or call the office for more information. The reception will be the next day, August 6th.



Cornucopia Board of Directors

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MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. *Computer lessons are only open to consumers.* Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

DATE: _____

Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$20.00
- Enclosed please find my membership fee of \$10.00 to be paid over two months for a total of \$20.00

OR: I want to subscribe to your newsletter.

- Low income \$6.00 *Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*
- Regular \$10.00

Yes, I/we support your mission and would like to make a donation to your organization. I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

Donations are tax-deductible.

- Friend \$25
- Donor \$50
- Sponsor \$100

Name(s) _____

Address _____

City, State, Zip _____

Phone _____

If you're new, how did you hear about us? _____

Please make checks payable to Cornucopia Inc
 Detach and mail this form to **Cornucopia Inc**
306 N Brooks St, Madison WI 53715-1002
 Cornucopia reserves the right to administrate membership.

People's dreams are made out of what they do all day. The same way a dog that runs after rabbits will dream of rabbits. It's what you do that makes your soul, not the other way around.

- Barbara Kingsolver

From Benita Walker

Dear Friends, I don't usually like asking people for money but this is a topic near and dear to my heart, that of suicide prevention. On **August 12th and 13th** in Chicago, I will be participating in a 20 mile walk to raise funds for suicide prevention in Chicago. The walk begins in the dark and walks into the dawn, hence it's name, "*Out of the Darkness*". During the last 15 years I have lost 3 dear friends to suicide, all of whom were kind and gentle individuals. Their deaths hit me pretty hard. Two had bipolar disorder, like myself, and one had schizophrenia. I too, have felt suicidal many times in the past, but the knowledge of how devastating my death would be on my loved ones has always prevented me from attempting. My Wellness Recovery Action Plan has also helped me with the suicidal feelings. In order to take part in the walk, I am required to raise at least \$1,000, but I am shooting for two to three times that amount. All the money raised goes to the *American Foundation for Suicide Prevention*, the nation's largest suicide prevention organization. They fund groups and programs aimed at suicide prevention and suicide survivors throughout the county. I will make sure that at least some of the money comes back here to Madison. **If you would like to pledge to my walk**, please call and leave your name and mailing address on my answering machine (251-2905) and I will mail you a pledge form. You have until September 10 to make a donation. I will write all my donors after the walk to let them know how it went and how much money I raised. Thank you, Benita Walker



This newsletter is published with generous support from

Summit
Credit Union

ACTIVITIES & NEWS BITS

Sculpey Bead Workshop & Ali's Maternity Leave

Tuesdays August 1st & 8th

During clay class 10 am-noon. Learn how to make different beads using sculpey clay. Turn your beads into necklaces, bracelets or earrings.

Don't worry clay class participants--you can still work with regular clay that day.

Ali goes on maternity leave after August 15th (unless the baby's early). We're trying to find someone to cover while she's on maternity leave. We'll keep you posted.

Best wishes, Ali

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Sign up ahead of time in the office!

Kerry's Thursday class:

Come learn observation and concentration! We will draw materials that I bring and put on the table. We'll also continue with watercolor and papermaking. I can help you with any techniques you want to try. Hang out with us on Thursday afternoons. 2:30-4:00 pm in the Cornucopia studio...

Join Us for Wednesday night Wellness Group! Hope to see you there!

August 2nd: Anger Management
August 9th: Assertiveness Training
August 16th: Cognitive Behavioral/Dialectic Therapy
August 23rd: Metabolic Syndrome
August 30th: How Food Affects Mood (facilitated by Lori Kinnard)

Wednesdays 6:00 to about 7:30 or 8
Karen Herro, BSN, RN

Annual Picnic Tenney Park Shelter Saturday, September 2nd
11AM-3PM
Bring a dish to pass! Join fellow Cornucopians!

Come join the Tuesday informal experimental class

with Dawn.
Join us to learn new skills and techniques of watercolor. We are exploring how to put texture into our watercolor paintings. Each week I will demonstrate a different way to use your paints. Also, if you need time to finish a project already started, you can do it in my class. Friendly and upbeat fun!

Special Monday Mandala Workshop

The monday mixed media class will be doing a large mandala workshop on August 28 at 1:30 pm. It will be held outside the room by the elevators. Residents of Porchlight as well as the V.A. and Cornucopia will be invited to participate. The finished mandala will be donated to Porchlight to put in their TV room. There will also be another paper or canvas set up for people to draw something on or just sign. Any questions leave a message for Mary Nelson the facilitator of the Monday class.

MADISON VOICES GROUP: meeting at Cornucopia TUESDAYS 4:00-6:00 in the GALLERY. This is a self run VOICES GROUP that also meets at the Mental Health Center of Dane County THURSDAYS 2:00-3:00 room 14 (DOWNSTAIRS). Questions? Call Jenny at 446-0104.

Our art program is supported in part by grants from the Wisconsin Arts Board with funds from the State of Wisconsin.



Our clay program is supported by:



Events near & far

Tell them you saw the notice here. Let us know if a listing is incorrect. Call us at the Cornucopia office, 608-257-7489 Thank you for your feedback!

Celebrate Recovery (Christian) small groups
Tues 7:30pm, Mt Horeb Risen Savior Cafe 608-575-2681
Depression & Bipolar Support Alliance support.

Laura 241-5788 / Mindy 233-0303 / dbsa@email.com

Eating disorders support group

Mon 7:15-8:30 Covenant Presb. 274-5115

Eating Disorder Recovery Group Support group for those in active recovery, facilitated by a registered nurse in recovery, 6:30-8 pm Thursdays, St. Marys Hospital (see sign near elevator for room) 831-7592.

Eating Disorders Friends & Family Support Group

For those who have a loved one with an eating disorder
6:30pm Thursdays, Rm. 1101, St. Marys Hosp. 276-7765

Interfaith Depression & Bipolar Support

Thursdays 7-9:00 pm

Christ Lutheran Church, Stoughton Gary 873-1938

Mad Town Secular Recovery

from alcohol or drugs Thur 8pm / Sun 9am

Wil-Mar Neighborhood Ctr 608-220-7045

Madison Hearing Voices Group Tuesdays 4:00

Cornucopia Gallery Rm./Thursdays 2:00

Mental Health Center Rm. 14. SOAR 608-446-0104 or
progressiverecovery@hotmail.com.

Mental Health Support Group

Mondays 6pm MH Center Rm. 238, 249-5230

Mild Brain Injury network

Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison

Community Health Education Ctr Atrium 238-3571

New Directions peer support for separation

or loss of relationship. Thur 7-9 St Dennis 245-0829

Rainbow Connection Social group for LGBTQ people who

have experienced some form of mental illness, 1-3 pm 1st &
3rd Fridays of the month. 255-8582.

Recovery Inc.

Tuesdays 7pm Wil-Mar Neighborhood Ctr 294-1106

Self-Management & Recovery Training

Abstain from addictive behavior

Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

Survivors of Suicide of Dane County Support Group

2nd and 4th Tuesday 7-9 pm 280-2700.

NAMI Dane County Support Groups

Peer led, open to all. 249-7188 www.namidanecounty.org

United Way building, 2059 Atwood, Madison

Significant Others Tue Aug 15 7:00-9:00

Parents Mon Aug 7, 21 7:00-8:30

Schizophrenia Sat Aug 12, 26 1:00

Depression/Bipolar 6:30-8:30 Sun Aug 6, 13, 20, 27.

If you want to attend an event but can't afford it, call the number listed and ask about scholarships.

Computer Training

Free basic sessions

10:00-noon Thursdays

Hawthorne Library, Madison

RSVP 608-246-4548

Self-harm websites:

www.healingselfinjury.org

www.sidran.org

www.annafoundation.org

www.mentalhealth.samhsa.gov/cmhs

www.womenandtrauma/wcdvs.asp

www.self-injury.net/doyouself

National Suicide Prevention Lifeline

1-800-273-TALK www.SuicidePreventionLifeline.org

Callers receive suicide prevention counseling from trained staff at the closest certified crisis center in the network.

Wisc Pub Psych Net Mental Health Teleconference Thurs-

days 11:00 to noon Call 608-316-0022, code 1099

Aug 10 Working with Older Adults **Art Walaszek, M.D., UW School of Medicine & Public Health**

Aug 24 Borderline Personality Disorder **Ronald Diamond, M.D., Wis. Psychiatric Institute & Clinics, UW Madison**

National Association for Rights Protection & Advocacy

(NARPA) 2006 Annual Rights Conference **Nov 15-18** Tremont Plaza Hotel, Baltimore, MD, www.narpa.org.

MOST: Mobile Outreach to Seniors Team seeks to promote older

persons' social, emotional and physical well being thereby enabling

them to live more independent, satisfying lives in a setting of their

choice. MOST is staffed by trained, experienced clinicians who are

sensitive to the concerns of older people (55 or older). 8am-5pm 280-

2480 Pat Anderson

Job Seekers' Network

Free job search info & support

9:00-11:00 Mondays

Dane County Job Center

1819 Aberg Av, Rm 6, Madison

608-242-4886

UW Job Center Listings

www.jobcenter.wisc.edu

Database updated daily

608-262-5627 / 262-6313

432 N Murray St

Madison 53706-1496

Four Agency Cooperative Effort (FACE) offers

group therapy for Dane County residents:

Depression, fear, anger, aggression, ADD, women, men,

loss, abuse, survivors, trans-parenting, body image, addic-

tion & more. En Ingles y Espanol. 256-2358.

New Directions Information Center Consumer-run information center to facilitate community partnerships and provide quality choices for those seeking information about mental health/substance abuse services. **280-2674**

MindFreedom News Hour Launches on Internet Radio as a Free Weekly Show in the Progressive Radio Network

NEWS: Human Rights & Mental Health -
12 June <http://www.MindFreedom.org>

Listen Every Tuesday at noon CST
on <http://www.theprn.org>

Starting June, you may hear a free
public Internet radio show each week every
Tuesday about a nonviolent revolution in the
mental health system of human rights and
alternatives, hosted by psychiatric rights
activist David Oaks.

The first guest to be interviewed
on MFNH was Celia Brown, a psychiatric
survivor advocate from New York City who
is considered one of the most effective
human rights activists in the mental health
field.

The MindFreedom News Hour is
launching as part of a diverse and significant
array of new shows on the Progressive
Radio Network (PRN) which has powerful
leadership from radio personality and health
advocate Gary Null.

On each show you'll hear news,
resources, and an interview. Future
shows will cover Mad Pride, the history of
the psychiatric survivor movement, how
psychiatric survivors and concerned mental
health professionals are working together
on human rights campaigns, and more.
Regular features include networking
announcements about successful activism
and alternatives.

Each show also has a controversial
"Escape Tip" about how you and your loved
ones can peacefully and effectively avoid,
evade or flee psychiatric coercion, force
and fraud... and keep on fighting for human
rights.

New Voices Group Forming at Cornucopia

Dear Cornucopia Members,

Madison Voices Group, a
member of the Hearing Voices Net-
work, is very happy to have begun
meeting at Cornucopia!

Our meeting is open to Cor-
nucopia members and non-members.

We meet on Tuesday's from
4 pm-6pm in the Gallery Room.

*What's the Hearing Voices Net-
work?*

An international network of
enlightened peer support groups,
for those with a variety of sensate
experiences, visions etc., ideally in-
tegrating both 'patient' and 'non pa-
tient' voice hearers. The first way we
help each other is to discuss the fact
that *Voice hearing is not an uncom-
mon experience. Many people hear
voices and have never been a psychi-
atric patient, this is already a well
known but neglected fact.*

"Voices Group can help people to
overcome three handicaps:

1.The idea that hearing voices is the
consequence of an existing illness

within the person, most likely schizo-
phrenia, an illness of unknown origin.
2.The idea that schizophrenia is a di-
agnosis of an illness, *not related* in
an understandable manner, with the
life history of that person.

3.The idea that the person, as a con-
sequence of the illness concept, is
powerless against the voices, that the
voices are not owned by the person;
while in fact the voices are a persons
own experience and are understand-
able from the person's trauma or
overpowering problems with life.
(Coleman & Smith)

The purpose of Hearing Voices
Groups

"Groups need to be established in
each country where people can talk
about hearing voices...it takes
groups of people with the same ex-
perience to change attitudes...in
America and England at the moment,
psychiatrists are conducting them-
selves as parents. My goal is not to
change psychiatry, not to change par-
ents but to offer the hearers of voices

(*"70 lbs", continued from p.1*)

had to reform my diet. For example, I
replaced extra cheese pizzas with mere
cheese pizzas.

I began lifting weights after I read
something scarier than anything you'd find
in a Stephen King novel. That is, over a
certain age (I'm not certain what that age
is) you lose one pound of muscle for very
year you live. Picking up anything heavy;
whether a basket of laundry, a month-old
baby, or a six-pack of beer; qualifies as
weight lifting.

Over one third of Americans will
attempt to lose weight this year, and only
5% will succeed. TV commercials are
filled with products that are "low fat",
"low in carbs", and "high-energy". But learning
about nutrition from advertising is like
learning geography from the Flat Earth
Society. The goal of advertising is to sell,
and truth is usually the guy at the net with
the crazy helmet.

We often view food as a reward.
But having a big meal after winning a game
is like not filling your car with gasoline until
after you've completed the trip. Food is
fuel, and should be eaten *prior* to being
active.

So if you wish to lose weight; pour
your diet cola down the sink, use your
jogging suit for a rag, have your car
repossessed (or at least, limit its use), pick
up something heavy, turn a deaf ear to
advertising, and get a library card.

an organization through which they
can emancipate themselves." (Romme
1990)

In Ron Coleman's words:

"I no longer believe in allowing people
to empower me in small things, I be-
lieve in taking power in all things."

Learn to be a Group Facilitator

*We plan to develop many more groups
and to that end, this fall we will be hold-
ing a training for people who would
like to become group facilitators.*

*We'll let Cornucopia know the details
and we hope to see you there!*

-Jenny Branks
jennybranks@hotmail.com

(“west wing”, continued from p. 1)

Barry about offering an art program to residents in exchange for studio space. They contracted with Dane County and now reside in the old kitchen space. Over the years, the Westwing resident artwork has been exhibited at the Overture Center, Meriter Heights, and the new Social Security building.

There is a wide range of residents, and the challenge is to find a common medium. They strive to do projects that residents can participate in even if they have multiple handicaps. Residents respond very well to artwork projects and take great pride when they see their work displayed in hallways or the dining room. This is a unique program and a great benefit for residents.

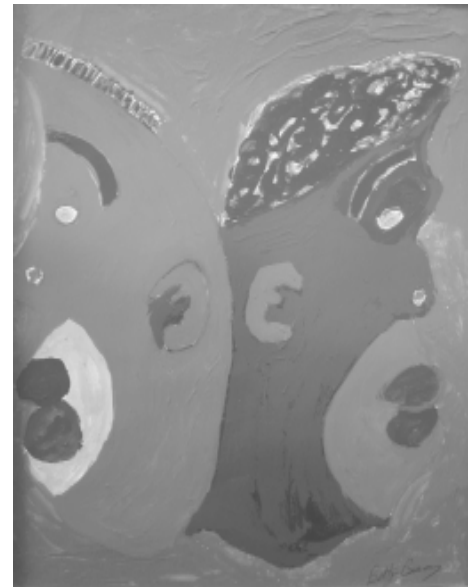
Brendan Norstee is a newer member of Westwing Artists, and he has already observed the vital role they play at BPHCC to residents and staff. He requests that the County continue to support the program during the upcoming changes at

BPHCC. It’s important for Westwing to be included on campus to allow artists to continue close contact with the residents.

The Westwing Artists noted that the County is always faced with the challenge of providing quality of life to long-term residents in an institutional care setting. The artists help provide this to residents.

Bill Swenson is a Recreational Therapist at BPHCC and a 30-year County employee. He described how the Westwing volunteer work helps residents and showed photographs of their activities. The true gift these people bring to the residents is friendship. Sometimes they become closer than family members. They want to make BPHCC the best possible living situation for residents, and Swenson hopes that space is created for these wonderful people.

Sup. Barbara Vedder commented that their services enrich a person’s life in ways we can’t even put a price on and hopes they are able to continue at BPHCC.



painting by Betty Bracey



Favorite Pastimes

My artworks tell a story,
they speak, each piece a different tale.
Music sings to my spirit,
acoustic medicine.

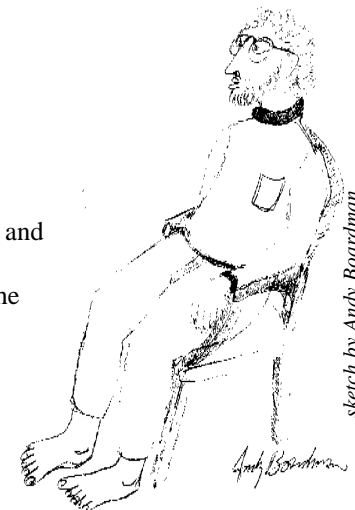
Candlelight dances,
choreographed, illuminated.
Incense rises,
an aroma that takes me back.
Kite flying,
leave your body.
In your mind,
imagine being on the sky end of the string.

There is the smell of dirt lacing through
these moments.
Bleeding Heart heavily laden,
drapes toward the earth.
Tendrils loom toward the sky.
Birds, fill my world,
while the sky is back lit in indigo,
whether dusk or dawn,
their colors, their songs, their bathing and feeding.
Nesting, flying, hovering, or surfing the wind.
They bring me home.
Putting into words,
I share my life.

— Donna Holzem



sketch by Arlana Lee



sketch by Andy Boardman

August 2006

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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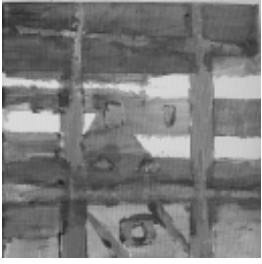
HOURS :	10-3:30	10-3	10-8	10-3	10-3	CLOSED
		1 Clay with Ali 10:00-12:00 plus sculpey bead!! Informal Experimental w/Dawn 1:00-2:30 4-6 Gallery	2 Stress Mgt. 3:30-5:00 w/Vickie Wellness/ Open Night Karen H. 6:00 Anger Management	3 Songs with Jon 1:00 - 2:15 Art Workshop with Kerry 2:30-4:00	4 Self-Exploration 1:00-2:30 w/Vickie	5
6	7 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	Clay with Ali 10:00-12:00 plus sculpey bead!! Informal Experimental w/Dawn 1:00-2:30 4-6 Gallery Message with Thomas 1:00-3:00	9 Stress Mgt. 3:30-5:00 w/Vickie Wellness/ Open Night Karen H. 6:00 Assertiveness Training full moon	10 Songs with Jon 1:00 - 2:15 Art Workshop with Kerry 2:30-4:00	11 Self-Exploration 1:00-2:30 w/Vickie	12
13	14 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	15 Clay with Ali 10:00-12:00 Informal Experimental w/Dawn 1:00-2:30 VOICES GROUP 4-6 Gallery	16 NO Stress Mgt. 3:30-5:00 w/Vickie Wellness/ Open Night Karen H. 6:00 Cognitive Behavioral/ Dialectical Therapy	17 Songs with Jon 1:00 - 2:15 Art Workshop with Kerry 2:30-4:00	18 NO Self-Exploration 1:00-2:30 w/Vickie	19
20	21 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	22 Informal Experimental w/Dawn 1:00-2:30 Message with Thomas 1:00-3:00 VOICES GROUP 4-6 Gallery	23 Stress Mgt. 3:30-5:00 w/Vickie Wellness/ Open Night Karen H. 6:00 Metabolic Syndrome new moon	24 Songs with Jon 1:00 - 2:15 Art Workshop with Kerry 2:30-4:00	25 Self-Exploration 1:00-2:30 w/Vickie	26
27	28 Games 12:30 Arts & Crafts 1:30 - 3:00 MANDALA WORKSHOP see p. 3 BOD meeting 5:30- 7:00	29 Informal Experimental w/ Dawn 1:00-2:30 VOICES GROUP 4-6 Gallery	30 Stress Mgt. 3:30-5:00 w/Vickie Wellness/ Open Night Karen H. 6:00 How Food Affects Mood (facilitated by Lori Kinnard)	31 Songs with Jon 1:00 - 2:15 Art Workshop with Kerry 2:30-4:00		

Beyond The Back Ward: Art As A Tool For Recovery from Major Mental Illness: Opens Sunday August 6 with reception at 12:00-2:30. The exhibit is in the Red Gym next to the Memorial Union. The show is in the 1973 Gallery. This is a collaboration of West Wing artists, Cornucopia, Yahara House and CSPs. Exhibit hangs August 6-19. Red Gym open Mon-Fri 8am-9pm, Sat 10am-3pm and Sun 11am-3pm.

*Annual Picnic
Tenny Park Shelter
Saturday, September 2nd
11AM-3PM
bring a dish to pass
Be there!*

Nonprofit Org
US Postage
PAID
Madison WI
Permit No. 1005

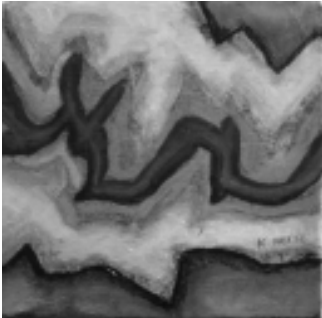
CORNUCOPIA INC
306 N Brooks St
Madison WI 53715-1002



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baliette



philbob

whose?

