

# CORNUCOPIA

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



June 2007, Vol. 11, No. 6

## Tenth Anniversary Party

by Debra Gehrke

On May 15, 2007. The set up was grand with purple flowers and gold. A rainbow of cake was mouth watering, of yellow, and white and chocolate. Art work was set up in the small room next to the main, large room, these items were to be sold or not. There was also a silent auction of art work and poetry and items set up in the back of the dining hall where the party was being held. By 5:00 pm the party was under way with Donna Murdoch blowing out the candles on the cake. Also served were soda and snacks. There was also punch that was made for us.

Donna was one of the founders of Cornucopia back 10 years ago. Most of the regulars were there and then a lot of new faces, too. History was talked about by Donna. She says looking back at things and at all the newsletters that are gone by and past the many activities would astound you. She says she used to work with N.A.M.I. and they were mostly on the medical end of things. Now Cornucopia is more to the arts and to the turning into your skills kind of a place to be and go and grow. M.C. Video offered a place to share with them to start up. Cornucopia needed this to make the newsletter as well as a place to get organized. And organized as a group we did. Cornucopia grew and gathered and built new friendships. Her history with a bad bout with illness was a set back. And at that point in time, it was a growing, turning time during which Cornucopia was being passed on to the next generation of personalities who took over the reins.

Next Kathryn Ackley talked about her growth with Cornucopia. And how that it was so much fun as well as great for her

nephew. As he was homeless at one time, too. So that Cornucopia was very helpful to his recovery. Then her story grows with a spot on the board. She then talks about the Grassroots Empowerment, saying that credits for the improvements to her growth.

Next Pam Valenta talked. She loves the newsletter and reads it each month. She cuts it up like coupons for her clients at Dane County Mental Health or just any one whom it may concern to their interest. As a patient advocate as well she tells others about Cornucopia's services.

The next one to talk was Molly Cisco. The recovery was an all encompassing thing. She spoke of how important Cornucopia has been to empowerment, healing. Apart of the going  
*(continued on p. 5, see "anniversary")*



*our founder, Donna Murdoch*

## CORNUCOPIA IS TEN

The time has come,  
Cornucopia is ten,  
Let us celebrate,  
Again and again.  
A place for all,  
Who need a home,  
Accepting anybody,  
Who walk and roam.  
Whether it's art,  
Or working with clay,  
Cornucopia,  
Can lead the way.  
To learn computers,  
To make new friends,  
I hope this group,  
Will never end.

— Dylan Abraham

## From Brother's Death, a Crusade

By Tamar Lewin New York Times April 23

One Friday afternoon in March 2000, Alison Malmon, a freshman at the University of Pennsylvania, got word that her brother, Brian, a 22-year-old on leave from Columbia, had committed suicide.

Brian had been a kind of star on campus, with a 3.7 grade-point average, and a lively wit that shone through his roles as sports editor of the newspaper, president of an a cappella group and actor in the annual student-written musical.

The death of her only brother, and the discovery that he had hidden his struggles with mental illness from his friends and family for years after he began hearing voices, rocked Ms. Malmon's world, and by her junior year led her to start the student group that evolved into Active Minds Inc., a nonprofit organization with student-run chapters on 65 campuses, devoted to increasing awareness of mental illness.

*(continued on p. 5, see "activeminds")*

**We have art for sale in the Gallery. Original art from our members, from \$20 up. A wide variety of clay and paintings. Stop by whenever we're open and ask to see what's available. The money goes to the artists. Support Cornucopia artists and have a great piece of art in your home.**

Major funding provided by:



Grassroots Empowerment Project

Phone 608-257-7489

E-mail [copia@sbcglobal.net](mailto:copia@sbcglobal.net)



# Cornucopia Board of Directors

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“Clean your brain with a canvas.”

— another Scott Tremel original



**I come from Chiba Prefecture in Japan to learn about the mental health system in Dane County. I'm especially interested in peer support and consumer-run groups/agencies because there are no consumer-run agencies in our city so far. It was a great experience to share times with you all!**

**I will stay in Madison until early July. If you see me somewhere, please say “Hi!”.**

## 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 \$24.00
- Enclosed please find my membership fee of \$12.00 to be paid over two months for a total of \$24.00

### OR: I want to subscribe to your newsletter.

- Low income \$8.00
  - Regular \$12.00
- Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

**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.



## ANNIVERSARY PARTY MINGLING...



Summit  
Credit Union

This newsletter is published with  
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# 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
- Peer Support for Anorexia & Bulimia** National Association for Anorexia and Associated Disorders. 402 S. Gammon Firststar Building, Mineral Pt & Gammon, 7-8:30 Tuesdays 274-7042
- Overeater's Anonymous** 663-8823
- Eating Disorders Friends & Family Support Group**  
For those who have a loved one with an eating disorder  
6:30-8:00pm third Thursday, Rm. 4643, St. Marys Hosp. 276-7765
- Eating disorders support group**  
Mon 7:15-8:30 Covenant Presb. 274-5115
- 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 3:00  
Cornucopia Gallery Rm./Thursdays 2:00  
Mental Health Center Rm. 14. SOAR 608-446-0104 or  
progressiverecovery@hotmail.com.
- Recovery, Inc.**  
Self-help group for persons dealing with anxiety & depression. Mondays 6pm Kennedy Building Rm. 238, Steve 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 mental illness, 4-6pm 2nd/4th Thursdays. 255-8582.
- 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.namidaneconomy.org  
United Way building, 2059 Atwood, Madison
- Significant Others** Tue Jun 19 (LAST TIME!!) 7:00-9:00
- Parents** Mon Jun 4 & 18 7:00-8:30
- Schizophrenia** Sat Jun 2, 16 & 30 1:00
- Depression/Bipolar** Sun Jun 3, 10, 17 & 24 6:30-8:00 and  
Tues 6:30-8:00 Jun 5, 12, 19 & 26

**NAMI Wisconsin** website for helpful information for people with mental health struggles: [www.namiwisconsin.org](http://www.namiwisconsin.org)

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

**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**

## **National Suicide Prevention Lifeline**

1-800-273-TALK [www.SuicidePreventionLifeline.org](http://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**

Thursdays 11:00 to noon Call 608-316-0022, code 1099  
[http://dhfs.wisconsin.gov/MH\\_BCMH/Teleconference/TeleconferenceSch.htm](http://dhfs.wisconsin.gov/MH_BCMH/Teleconference/TeleconferenceSch.htm)  
**June 14** Medication Compliance and Why That is a Terrible Title **Kenneth Casimir, Mendota Mental Health Institute**  
**June 28** Why We Need Gender Specific Treatment **Flo Hilliard, The Gender Studies Project, UW Madison**

**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.

## **UW Job Center Listings**

[www.jobcenter.wisc.edu](http://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, addiction & more. En Ingles y Espanol. 256-2358.

## **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 Lynda

## **www.danejobs.com** for

free workshops and other services at Dane County Job Center.



*Cornucopia tenth anniversary celebration party*

(“anniversary”, continued from p. 1)

into nationwide as well as the worldwide site. Now is time for change, on the cutting edge of it.

The very next one who spoke was Karen M. She talked about the volunteers that have been doing much of all the work. Debra G. was mentioned two times, among many others which was read off as of 2007 volunteer hours.

The next person to talk was Lori, about ten years volunteering at Cornucopia. And to travel back and forth, from Marshall to Cornucopia. When she first came to Cornucopia, she had no emotion on her face and was despondent. But as time went on so did her growth with her trust and other post trauma issues got better with help at and with progress at Cornucopia. She likes to organize things like the library. Public speaking has been helpful to her as a trauma survivor. Risks can be taken at Cornucopia.


Karen H. spoke next about self-esteem issues. Spoke about good with bad. Joined in 2000. Hadn't done art in a while. She started her wellness group. She was Vice President and is now President of Board.

Betty Bracey spoke saying Happy Anniversary Creation together and don't fall apart.

Jo Oyama Miller talked about Japan and how this kind of program does not exist in Japan. She is awed by it. Daiki, a social worker from Japan, was visiting this week and joined us.

Donna Holzem spoke next. She had not been at Cornucopia for a while and is now working on the newsletter.


Donna Murdoch and others talked about leadership.

Dylan read a few poems for us. 

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## Tie Dye, Part I.

by Betty Bracey

The first step to dye is that you take the white shirt and tie the shirt with string wrap in the way you want it. Then you mix the dye in a container with warm water and salt. Next, you stir up the dye. Put the shirt in the dye and let it soak in the warm water. And second you take the shirt out of the dye and cut the strings from the shirt. Third hang the tie dye shirt and rinse out and let it dry. 

(“active minds”, continued from p. 1)

She started small. Very small. Only three people showed up for the first meeting at Penn of what she initially called Open Minds.

“I asked them to help me figure out what we should do,” said Ms. Malmon, now 25. “There’s so much talk about sexual identity and racial relations on college campuses. It was ridiculous in my mind that mental health wasn’t right up there with them, since it’s an issue that touches so many people.”

The prevalence of mental illness on campus is stunning, she found when she began researching the topic: Suicide is the second leading cause among death for college students. Almost one in 10 college students has made a suicide plan. Nearly half of all students report having felt so depressed that they could not function in the previous year. Most people with schizophrenia develop the disease before they are 25.

And yet, Ms. Malmon said, mental illness like her brother’s is so stigmatized that it is often kept secret.

“Mental illness is such an isolating thing,” she said. “It’s not something that’s easy to tell your family and friends about. That is the impetus for this. I firmly believe that Brian took his life because he didn’t know how to live with mental illness. It’s terrifying, because there aren’t positive role models, there’s just the people you see on the streets.”

Now, with the Virginia Tech shootings, Ms. Malmon is concerned about a resurgence of the stigma against mental illness. “I worry that as a society we’re going to look toward everybody with mental illness as being violent, and that stigma will build right back up,” she said. “We want to emphasize the need for students to talk about what they’re going through, and share their experiences.”


Active Minds is one place where students can do that. While each chapter is different, the membership blurs the lines between students with mental illness; students with friends or family members living with mental illness; and a smattering of psychology students, social workers and nurses.

“When we have panel discussions, some are about what you can do to help a friend you’re concerned about, that you should go and say, ‘I’m worried about you,

is everything O.K.?’ and walk them over to the counseling center,” Ms. Malmon said. “Others are about how to live with mental illness, where people discuss their own experiences with anxiety disorder or depression. It may sound a little mushy, but all these things help get the word out,” whether it is showing “A Beautiful Mind,” sponsoring a Stamp Out Stigma run or having a speaker.

When a college student develops a mental illness, she said, friends are often the only ones who notice. Active Minds seeks to ensure that everyone on campus knows what mental health services are available and when to use them. On each campus, Active Minds has tables offering materials on mental health — often the same materials available at the counseling center, Ms. Malmon said, but more visible. In some cases, a chapter has worked even more closely with the counseling center, providing student interviewers to sit in when candidates are interviewed for counseling jobs.

Now, financed by a combination of individual donations and foundation grants, Active Minds is her full-time job. She shares the headquarters, a crammed one-room office in Washington, with two other women who coordinate the campus chapters. And soon, she expects, they will need more space. Every week brings inquiries about starting chapters, most recently from students or staff members at Arizona State University, Luzerne County Community College in Pennsylvania, the University of Central Florida and Humboldt State University in California.

“We just got a \$100,000 three-year grant to do outreach,” Ms. Malmon said. “The goal is a chapter on every campus, but more realistic is that we’ll have about 300 chapters in the next three years. Mental illness is such an important issue. I expect to grow, not stay a little nothing nonprofit.” 



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# Members' Creative Writing...

Bare earth  
and holes in the  
ground.

We see busy excavation.

Could this be  
archeology?

Well, it's moved to  
my neighborhood:  
and  
I'm curious as to  
what they'll find.

— *Jen*

Two Haiku

in the cornfield of 07  
children play hide and seek  
one child cries for he is truly lost

the trees are all barren  
fall leaves have disappeared  
once again, green buds reach for the sun

— *Scott Lynch*

Tiny

Tiny they call her; although she's six foot four and weighs three-hundred and eighty-three pounds. But it's her voice that is tiny, minute, like the little girl she was before the accident that knocked out her left eye. The kids at school and in the neighborhood began to tease this girl who was once tiny in size. So she stopped going outside to play kickball and jump rope. The only exercise she got was when she ran home from school, being chased by the echoes of childhood jeers. Bursting into her door she'd check that the eye patch was still in place, covering the glass eye that they promised (they lied) would be almost as good as the real one. She'd grab a bag of bbq potato chips, some Twinkies and Ho-Ho's, some Dreamcicles and Hawaiian Punch and race towards oblivion into soap opera reruns until her big brother, who really is tiny, arrived from school.

— *E. Oroki Rice*

Clyde eyed some blo-dried bride cowhide on a hay ride which was a joyride with a pie-eyed bride. Then we ate some chicken fried by the graveside. Then we went citywide and countrywide with cyanide and genocide. Clyde and I went wild-eyed on the snow slide. Clyde was glassy eyed, nationwide and starry-eyed.

— *Ken*





I wrote this story after finding out that a jill is actually what a female ferret is called. So here's the story I call "The Friendly & Ferocious Ferret". Jill the friendly and ferocious ferret had a split ferretsonality. At times her friendly self emerged but at times her ferocious self emerged. Her fellow ferrets were flabbergasted by her. One day she went on a ferry boat where she met a farsighted fairy named 400. She thought Jill was Flibbertigibbet, a ne'r do well cat so she promptly turned her into a flying squirrel and Jill was never happier in her life. She flew from tree to tree talking very politely to the other tree living critters. Even her once fellow ferrets accepted her and thought it very cool to have an always friendly flying squirrel as a friend. And so Jill lived out the rest of her days having a free-for-all in every tree-so-tall.

*Barbara Stangler*

# June 2007

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

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HOURS :	10 - 3	10 - 3	10 - 8	10 - 5	10 - 3	12 - 5
					1 Painting w/Scott 11:00-1:00   full moon	2 Open 12-5
3	4 Games Rich 12:30  Arts & Crafts with Mary 1:30-3:00	5 Clay & Open Studio Dana 10:00-12:00  Voices Group 3:00-5:00 Gallery Teresa & Barb	6 Dance Mvt. w/Mariah 1:00-2:00 Collage/Mixed Media w/Leslie 4-5:30  Career Path To Recovery w/ Jim & Karen H. 6-8 pm	7 Leather & Multi-Media Crafts 12:30-2:00	8 Painting w/Scott 11:00-1:00	9 Open 12-5
10	11 Games Rich 12:30  Arts & Crafts with Mary 1:30-3:00	12 Clay & Open Studio Dana 10:00-12:00 Int'l Art Hour w/ Vickie 1:00-2:00 Guatemala  Voices Group 3:00-5:00 Gallery Teresa & Barb	13  NO Dance Mvt w/ Mariah 1:00-2:00 Open Computer Tutoring w/ Jade 2-4 Collage/Mixed Media w/Leslie 4-5:30 Career Path To Recovery w/ Jim & Karen H. 6-8 pm	14 Leather & Multi-Media Crafts 12:30-2:00	15 Painting w/Scott 11:00-1:00   new moon	16 Open 12-5
17	18 Games Rich 12:30  Arts & Crafts with Mary 1:30-3:00	19 Clay & Open Studio Dana 10:00-12:00  Voices Group 3:00-5:00 Gallery Teresa & Barb	20 Dance Mvt. w/Mariah 1:00-2:00 Open Computer Tutoring w/ Jade 2-4 Collage/Mixed Media w/Leslie 4-5:30 Career Path To Recovery w/ Jim & Karen H. 6-8 pm	21 Leather & Multi-Media Crafts 12:30-2:00	22 Painting w/Scott 11:00-1:00	23 Open 12-5
24	25 Games Rich 12:30  Arts & Crafts with Mary 1:30-3:00	26 Clay & Open Studio Dana 10:00-12:00 Int'l Art Hour w/ Vickie 1:00-2:00 Norway  Voices Group 3:00-5:00 Gallery Teresa & Barb	27 Dance Mvt. w/Mariah 1:00-2:00 Open Computer Tutoring w/ Jade 2-4 Collage/Mixed Media w/Leslie 4-5:30 Career Path To Recovery w/ Jim & Karen H. 6-8 pm	28 Leather & Multi-Media Crafts 12:30-2:00	29 Painting w/Scott 11:00-1:00	30 Open 12-5   full moon

Cornucopia is located at 306 N Brooks Street in Madison.  
Events on this calendar may change. If you haven't attended a particular group recently, call to confirm day & time.

**Mondays: Games 12:30 Arts & Crafts 1:30-3:00**

**Tuesdays: Clay & Open Studio 10:00-12:00 International Art Hour 1:00-2:00 (June 12th & 26th) Voices Group 3:00-5:00**

**Wednesdays: Dance Movement 12:00-1:00**

**Open Computer Help 2:00-4:00 Collage & Mixed Media 4:00-5:30**

**Career Path to Recovery 6:00-8:00**

**Thursdays: Leather/Crafts 12:30-2:00**

**Fridays: Water Oils/Charcoal/Pastel 11:00-1:00**

**Saturdays: Open 12-5**



*Lori Kimard's three homemade cakes of a variety of flavors for our tenth anniversary party*

Pay your  
membership for  
2007!  
\$24 for a year  
of great art,  
computer access,  
wellness and  
newsletter or \$12  
for our  
newsletter alone.  
Great deal, huh?  
Pay as soon as  
possible.  
Thanks!

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*Karen*

