

CORNUCOPIA

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



December 2007, Vol.11, No. 12

Better Mental Health May Be Upside of Getting Old

Psychiatric News November 2
Volume 42, Number 21
Joan Arehart-Treichel

Could it be that mental health, like a good wine, improves with age? Evidence is building that this might be the case, even for people who have a mental illness.

Physical health tends to be better when people are young, but could the opposite be true for mental health?

Age Benefits Those With Mental Illness

One of the major findings from the National Comorbidity Survey Replication, published in the June 2005 *Archives of General Psychiatry*, was that most mental disorders usually have their onset in childhood or adolescence. Such early onset, the researchers wrote, is “opposite of the patterns found for almost all chronic physical disorders” (*Psychiatric News*, July 15, 2005). Thus one might expect mental illnesses to become well entrenched and more difficult to recover from by the time people reach their 50s and beyond. However, this does not seem to be the case, growing evidence suggests.

Dilip Jeste, M.D., a professor of psychiatry at the University of California, San Diego, and his colleagues longitudinally followed several hundred adults with schizophrenia. As the subjects grew older, and even as their physical functioning deteriorated, their hallucinations and

delusions appeared to decrease considerably, and their negative symptoms decreased somewhat as well.

A Swiss psychiatrist—Wulf Roessler, M.D., a professor of clinical and social psychiatry at the University of Zurich—found that a surprisingly large number of people in the general Swiss population showed signs of subthreshold psychosis, but that fewer people showed such signs as they aged (*Psychiatric News*, June 1).

In addition, individuals who abuse substances and those with eating disorders are more likely to get better with age, Joel Paris, M.D., a professor of psychiatry at McGill University in Montreal, told *Psychiatric News*. The same is even the case for people with borderline personality disorder or antisocial personality disorder, Paris has found (*Psychiatric News*, July 7, 2006; June 1). Data from short-term follow-ups of individuals with obsessive-compulsive personality disorder suggest that they too tend to improve as they age, said Paris.

“The big exception is bipolar disorder, which sometimes gets worse with age,” Paris pointed out. Jeste, however, is not so sure: “Actually we have some very preliminary data on bipolar disorder in older people. Some of the older bipolar patients seem to be doing better than some of the younger ones.”

(continued on p. 5, see “age”)

Body of Being, a Visionary Holistic Mental Health Counseling Center, Opens Its Doors in Portland, Oregon

Press Release NewsWire

(PRWEB) October 25 — A group of dedicated practitioners, Body of Being is seeking to provide an alternative to those frustrated by, or skeptical of, traditional treatments of mental health issues. Body of Being, a Holistic Mental Health Facility located in Portland, Oregon, has the mission of helping individuals achieve emotional, physical, spiritual, and energetic healing.

Body of Being, a Holistic Mental Health Facility located in Portland, Oregon, has the mission of helping individuals achieve emotional, physical, spiritual, and energetic healing. A group of dedicated practitioners, Body of Being is seeking to provide an alternative to those frustrated by, or skeptical of, traditional treatments of mental health issues.

Keller Galvin, a mental health counselor for over 20 years, has organized and launched Body of Being. Upon first meeting Keller, one feels a warmth and calmness that stems from her personal journey toward wholeness and her dedication to help guide individuals and families toward increased health and satisfaction in their lives. “I passionately believe a great deal of individuals are currently affected by issues stemming from varying forms of childhood trauma.

(continued on p. 5, see “body”)

Major funding provided by:

United Way



United Way of Dane County



Grassroots Empowerment Project

Phone 608-257-7489

E-mail copia@sbcglobal.net

www.cornucopia-arts-inc.org

~ HOLIDAY PARTY AT CORNUCOPIA ~

SUNDAY, DECEMBER 9th

NOON - 3:00

COME ONE, COME ALL!

Please bring a dish or a non-alcoholic drink to share with everyone

Friends are welcome!



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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 \$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) _____

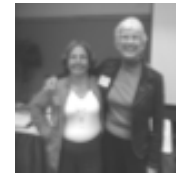
Address _____

City, State, Zip _____

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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.



Consumer Conference photos



You can't miss the notices for the Holiday party on the back of the newsletter and first page. Bring friends, family, yourself and a dish to pass. Come celebrate with fellow Cornucopians. As you can see, there will be plenty to take part in, singing, scrabble, plenty of fun. Join us on December 9 from noon to 3:00 here at Porchlight.

Also notice the blue enclosure in this newsletter. This is our new membership form. This form is more detailed in order to keep better details of our members internally, to help us when we write grants and to start keeping better statistics. We also want to learn about your interests for classes and volunteering. Fill out this form and send it in to start paying your dues for next year. You can do that as soon as you want. Still the same great bargain. \$24 for a year full of art, wellness, friends, scrabble, newsletter, parties, picnics, computers...what more could you get for that price?

Many of us went to the Grassroots Empowerment Project Consumer Conference in the Wisconsin Dells, some for the first time, some who had been for several years before. It was a great conference with two super keynote speakers, Mike Halligan, Executive Director of Texas Mental Health Consumers and Peter Ashenden, Executive Vice President of the National Depression and Bipolar Alliance. The workshops were varied, informative and of high quality. The topics included Introduction to Self and Peer Advocacy, Grassroots Organizing, Housing—Know Your Rights, Developing Your Recovery Plan, Spirituality and Your Recovery, SSDI—Beating the Odds, Recovery through Self Determination, Introduction to WRAP, and more. Finally, several attendees reported that the food was great. These conferences are an invaluable way for us as consumers from all over Wisconsin to come together united for two days; all 175 strong this year.

Finally, keep Thursday, January 19, 2008 on your schedule. We will host a Recovery 101 day-long training here at Cornucopia in the Porchlight dining room. Trained consumers will be leading the presentation with both personal and professional experience in the mental health field. Discussion will focus around what recovery is and is not as well as focus on exploring relationships, environments and supports that encourage growth of individuals who are living with mental illness. We'll keep you posted.

Best, Karen Milstein, Executive Director



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ACTIVITIES & NEWS BITS

Join us for sculpey on Tuesdays from 11:00-12:00. Yes, it is at the same time as clay class, but it will be in the gallery room and you can choose between these similar media or roam between the two. Julie will be teaching sculpey and she's an expert! Join her!

Come explore your creative writing side in Mary's class every other week, Wednesdays Dec 5 & 19 3:30-4:30 pm. The class is at a **NEW TIME**. Mary knows about poetry and is a writer at the U-W. Mary will have some writing ideas for you.

Thursday afternoons from 2:00 to 3:00 is Beginning Drawing class. Please come in and find out the fun new things we are doing in there. Every week there will be a new and different thing to do. And, we may be coloring in the masterpieces at the end of the skill building. See Debbie G. for any questions.

Drawing & Painting Class/Workshop

Friday from 11am - 1pm

Come on in and draw and paint anything you like with any medium you like. Choose from water-based oils, tempera, acrylic, water-color, pastels, chalk, Prismacolor pencils...just to name a few!

Scott is ready and able to help you from start to finish.

Paul's class is Tuesdays 1:00-3:00 pm My focus will be on getting to know and welcome people. It will also be to learn how to help each other and encourage each other from start to finish on projects.



Heechang, Claire, Janice and Margaret working on clay projects

Clay is still on Tuesday mornings! 10:00-12:00 am

It's all the same fun, but join me on Wednesday. We're going to have fun this month as we cruise into the holiday season. Dana

Living Skills classes for November:
Wednesdays in the Gallery 1:00-2:00

December 5: T'ai Chi/Exercise Group

December 12: Yoga Group

These are the last of the Living Skills classes for 2007. Join us in 2008 for another fun series!



Here's a shot of the Thursday afternoon leather-working plus more class with Deb G. Come join the class in the gallery room. You can work on any leather project that Deb has and she has a variety of other projects, purses and more. Come explore! Thursdays 12:30-2:00.

Join Us for Wednesday night

Wellness Group! Hope to see you there!

December 5: The Holiday Blues

December 12: Sexual & Reproductive Health

December 19: Diabetes & Thyroid Problems

December 26: NO CLASS Cornucopia closes at 3:00

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

KARAOKE: This month's karaoke will be at the holiday party. Come sing with the tv lyrics or play the guitar or just sing-along! See you December 9!

Come join Games group on Mondays at 12:30 with Rich right after lunch... Yahtzee or Scrabble or play what you want to play. Rich says, "Bring your own game, whatever you want to play, too!" Come on in! Eat lunch for a dollar and then join in on Games Group. See you!

Events near & far

Tell them you saw the notice here. Let us know if a listing is incorrect. Thank you for your feedback!
CALL US TO PUT YOUR NOTICE IN OUR LISTINGS: 257-7489

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 Thursdays 2:00

Mental Health Center Rm. 14. Jenny Branks 608-446-0104 or jennybranks@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

Family Support Group Mon Dec 3 & 17 7:00-8:30

Schizophrenia Sat Dec 1, 15 & 29 1:00

Depression/Bipolar Sun Dec 2, 9, 16, 23, 30 @ 6:30-8:00 and Tues 6:30-8:00 Dec 4, 11, 18, 25

Madison Metro's new 31-Day Senior/Disabled Pass! Get around Madison all month for \$23.50 Available at Metro headquarters, 1101 E. Washington or online at mymetrobus.com

4

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

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

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.

VSA ART SHOW entry deadline January 22, 2008. A limit of three pieces. For more information call 608 241-2131 or email vsawis@vsawis.org. See website www.vsawis.org.

Hancock Center for Dance / Movement Therapy

Dance / Movement Therapy -a unique form of psychotherapy-integrates movement expression and verbal discussion to explore such topics as self- worth, body, and interpersonal relationships. www.hancockcenter.net 606-251-0908

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 **www.danejobs.com** for 9:00-11:00 Mondays free workshops and other Dane County Job Center services at Dane County 1819 Aberg Av, Rm 6, Madison Job Center. 608-242-4886 Lynda

MANY VOICES: This is a bi-monthly publication written by consumers."Words of Hope for People Recovering From Trauma & Dissociation. This publication is designed as an information exchange for treatment providers and survivors of trauma and dissociative disorders. Contact the editor at this email address; LynnW@manyvoicespress.com

Community car is a member based carsharing service that provides cars by the hour for individuals & organizations. Check it out at www.communitycar.com or 608-204-0000.

Domestic Abuse Intervention Services first group Wed. Jan. 9th 2008 for more information, use the 24 hour crisis line: (608) 251-4445, or 1-800-747-4045.

www.soulfulliving.com/cultivatinggratitude.htm.

Offers daily retreat, insights etc. Gratitude is the natural response in the way applause follows a bravo performance.

("body," continued from p. 1)

Every individual deserves a unique and comprehensive therapy plan, looking at the issues from as many perspectives as possible and providing integral support toward the goal of optimal health" says Keller.

Body of Being is hoping to reach a broader client base through the launch of a new web site (www.bodyofbeing.com). The new web site features detailed philosophy behind the services that Body of Being provides, along with biographical profiles of every team member. A map to the Body of Being facility and information about flexible service fees can also be found on the Body of Being web site. Free consultations are available through January 2008. More about Body of Being:

Body of Being addresses four basic elements of health: Emotional/Mental, Physical, Spiritual and energetic. IN order to adequately address these basics aspects of being, Body of Being brings together of diverse and highly trained group of professionals that cover a wide range of disciplines. Acupuncture, Naturopathy, Energy Work, Body Work as well as a Psychiatric Nurse Practitioner, Clinical Psychologist and a mental health counselor. This team of professionals combines their talents to provide clients with a unique blend of comprehensive, compassionate and effective treatment options. The results of such care include not only the balance of one's energies, but a sense of empowerment and overall well-being. 🐾

For more information, visit the Body of Being web site:

<http://www.bodyofbeing.com>



Artiste Miriam Coberly taking a break for Scrabble

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Sleep Problems Strongly Linked To Psychiatric Disorders *by Christian Nordqvist*

Medical News Today
Article Date: 24 Oct 2007 - 3:00 PDT

If you do not get enough sleep your chances of developing a psychiatric disorder are much greater, say researchers from Harvard Medical School and the University of California at Berkeley. Brain scans revealed that the sleep-deprived brain becomes tired and abnormally emotional.

You can read about this latest research in the journal *Current Biology*, October 23 issue.

The researchers explain that sleep deprivation is known to undermine a range of functions, including immune regulation and metabolic control, as well as learning and memory. However, evidence so far on how sleep regulates our emotional brain-state is very limited.

The scientists had 35 volunteer-participants who did not sleep for 35 hours. They discovered enormous activity in parts of the brain when they looked at pictures aimed at making them sad or angry.

The researchers, with the aid of fMRI (functional magnetic resonance imaging), were able to examine the blood flow in the brains of the volunteers in real time, after

and during sleep deprivation. The technology reveals which parts of the brain are experiencing the most activity.

After a long stretch without sleep the participants were asked to look at images that were designed to trigger an emotional response. The scientists explain that the amygdala showed 60% higher reactions to the images compared to people who are not sleep-deprived. The amygdala is a part of the brain which is linked to emotional reactions.

"The size of the increase really surprised us," commented Matthew Walker. "It is almost as though, without sleep, the brain reverts back to a more primitive pattern of activity, becoming unable to put emotional experiences into context and produce controlled, appropriate responses." He believes there may well be a link between sleep deprivation/disorders and psychiatric disorders. He added that previous studies had indicated that most patients with psychiatric disorders also suffer from some kind of sleep disorder - it would be interesting, as a result of this study, to look into the mechanisms of why this may be so. 🐾

("age", continued from p. 1)

Hypotheses Offered

One reason why the mental health of older people may seem to be better than that of younger ones, Jeste suggested, is that those with poorer mental health die earlier. However, his longitudinal study showing that schizophrenia subjects' mental health sometimes improves with age belies this explanation, he noted.

"My own view is that older people may actually be more vulnerable biologically in some ways...to developing mental illnesses in late life," Dan Blazer II, M.D., Ph.D., a professor of psychiatry at Duke University, said. "However, I think that from a psychological perspective, and perhaps a little bit from a social perspective too, there are modifiers that maybe protect older persons from developing mental illnesses later in life. And that is one of the reasons we tend to see a somewhat lower frequency of most of the major mental illnesses in late

life, except for the dementing disorders."

A possible reason why individuals with borderline personality disorder, antisocial personality disorder, and substance abuse often improve as they age, Paris proposed, is because people tend to become less impulsive as they grow older, and impulsivity is a key factor in all three of these disorders.

How Do Findings Affect Practice?

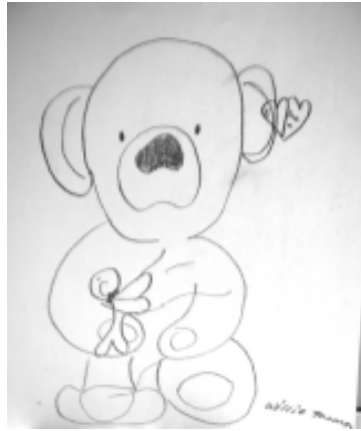
"We have a cultural belief that it is better to be young than old," said Paris, "but from the point of view of psychological symptoms, it seems to be untrue. So that's worth noting.

Vaillant agreed. "Psychiatrists tend to meet the people who are doing badly... They simply don't have an adequate perspective on adult development... When you study people for 40 years as I have, you see a different world." 🐾

Members' Writings and Artwork



Mary Lynch



Willie Thomas



Thomas Nelson



Debra Gehrke

I Didn't Know... by Lori Kinnard

I didn't know I have depression because as an adult I rarely cried.
I didn't know I have OCD because I never repeatedly checked things.
I didn't know I heard voices because the voices I heard were mostly memories always heard inside my head. I knew the voices weren't real so I didn't think I qualified to be having schizophrenic hallucinations. (I may talk to the TV but the TV never talks to me).

I knew something was wrong but I didn't know what to call it

I didn't learn until many years later that PTSD wasn't just for soldiers but also for others like survivors of abuse and other traumatic events. That forgetfulness about cleaning and eating and getting dressed, extreme insomnia and lethargy, are also symptoms of depression. That writing long lists of things to do, is a form of OCD (obsessive compulsive disorder).



Lori Kinnard's rendition of Deb Gehrke in Deb Gehrke's drawing class



Adam Malueg

Untitled

There are workers
There are players
There are lovers
There are slayers

There are pickers
There are packers
There are snickers
There are snackers

There are drivers
There are droolers
There are donuts
There are cruelers

There are reasons
There are sorrows
There are todays
There are tomorrows

— Andy Boardman

Untitled

Cat behind the toaster
Colored, colored cat
Tail in the air
Pink toaster, blue floor, yellow cat
One-eyed-lady with a mirror
Black booted, white sculled longhaired man
Lady with wavy hair with cowboy hat
Man in the back has a suitcase
Suitcase full of money I presume
Walking past the art on the wall
Orange triangles on blue floor
Wavy haired lady has horns on mirror
Dark blue diamond has vehicle
Vehicle with sissy bar
Tail leads back to cat
Computer has same color as cat
Everything is technical
Everything is cat
Everything is computerized
Am I real?
Or am I someone in the picture




— Ken Jackson

Drawings from Deb Gehrke's Thursday afternoon drawing class

December 2007

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

C
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HOURS :	10 - 3	10 - 3	10 - 8	10 - 5	10 - 3	1
Happy Holidays !						
2	3 Games w / Rich 12:30	4 Clay & Open Studio Dana 10:00-12:00 Sculpey w/Julie 11:00-12:00 Expressive Art w/Paul 1:00-3:00	5 Living Skills 1:00-2:00 Tai Chi CreativeWriting w / Mary C. 3:30-4:30 Wellness The Holiday Blues Karen H. 6:00-8:00	6 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie 2:00-3:00 New Peer Support Training 3:30-5:00	7 Painting w/Scott 1:00-3:00 New Time  new moon	8
9 Cornucopia Holiday Potluck Party 12 to 1 Scrabble Tournament from 1 to 2 Karaoke & Music from 1 to 3 Greeting Cards 1 to 3 	10 Games w / Rich 12:30	11 Clay & Open Studio Dana 10:00-12:00 Sculpey w/Julie 11:00-12:00 Expressive Art w/Paul 1:00-3:00	12 Living Skills 1:00-2:00 Yoga Group LAST CLASS THIS YEAR Wellness Sexual & Reproductive Health Karen H. 6:00-8:00	13 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie 2:00-3:00 Peer Support Training 3:30-5:00	14 Painting w/Scott 1:00-3:00 New Time	15
16	17 Games w / Rich 12:30	18 Clay & Open Studio Dana 10:00-12:00 Sculpey w/Julie 11:00-12:00 Expressive Art w/Paul 1:00-3:00	19 CreativeWriting w / Mary C. 3:30-4:30 Wellness Diabetes & Thyroid Problems Karen H. 6:00-8:00	20 Leather Work w / Deb 12:30-2:00 Beginning Drawing Class w /Debbie 2:00 -3:00 Peer Support Training 3:30 - 5:00	21 Painting w/Scott 1:00-3:00 New Time!	22  full moon
23	24 Games w / Rich 12:30 Games w / Rich 12:30 Board Mtg. 5:00-7:00	25 Closed for Christmas	26 Wellness No Class Karen H. Cornucopia is closing at 3PM	27 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie 2:00-3:00	28 Painting w/Scott 1:00-3:00 New Time!	29
30	31					

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.

Cornucopia's Annual Holiday Party!

12 noon-3 pm Sunday Dec 9th

12-1 Potluck Porchlight dining room:

* Bring dish according to your last name initial. Prize will be held at 1 pm for everyone at potluck.

A-F fruit and vegetable G-L grains like rice, bread, pasta M-R meat and cheese S-Z snacks & sweets

1-3 Scrabble tournament Porchlight dining room:

* Sign up starting Dec. 1 in Cornucopia office for beginning, intermediate, or advanced Scrabble at party. We will have 2-3 boards set out with matching levels. Prizes will be given out.

1-3 Karaoke and other music in Cornucopia's gallery room

* Sing along with the karaoke mike or bring in your own instruments for a music jam. Whoever sings or plays an instrument will have their name put in a drawing for a prize at 2 pm.

1-3 Create a Greeting Card in Cornucopia's main room

* Supplies will be on the tables to make cards for Kwanzaa, Xmas, Hannukah, Solstice, Eid, New Year, or any other reason why you'd like to make a card to give someone. Everyone who makes a card can have their name put into a drawing for a prize at 2:30 pm.

You can start paying dues for 2008! Dues are still \$24 for the year. Come in to the office or see the blue insert in this month's newsletter. Thanks and join us!

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