



## 'MAD PRIDE' FIGHTS A STIGMA

by Gabrielle Glaser

In the YouTube video, Liz Spikol is smiling and animated, the light glinting off her large hoop earrings. Deadpan, she holds up a diaper. It is not, she explains, a hygienic item for a giantess, but rather a prop to illustrate how much control people lose when they undergo electroconvulsive therapy, or ECT, as she did 12 years ago.

In other videos and blog postings, Ms. Spikol, a 39-year-old writer in Philadelphia who has bipolar disorder, describes a period of psychosis so severe she jumped out of her mother's car and ran away like a scared dog.

In lectures across the country, Elyn Saks, a law professor and associate dean at the University of Southern California, recounts the florid visions she has experienced during her lifelong battle with schizophrenia — dancing ashtrays, houses that spoke to her — and hospitalizations where she was strapped down with leather restraints and force-fed medications.

Like many Americans who have severe forms of mental illness such as schizophrenia and bipolar disorder, Ms. Saks and Ms. Spikol are speaking candidly and publicly about their demons. Their frank talk is part of a conversation about mental illness (or as some prefer to put it, "extreme mental states") that stretches from college campuses to community health centers, from YouTube to online forums.

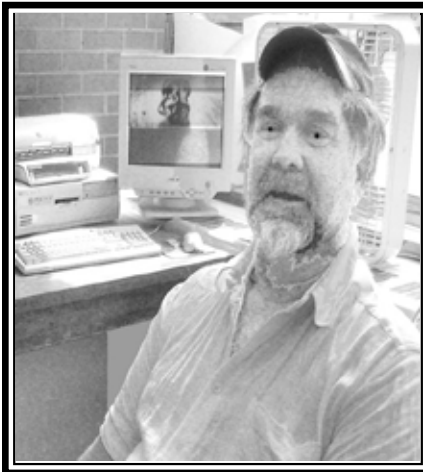
"Until now, the acceptance of mental illness has pretty much stopped at depression," said Charles Barber, a lecturer in psychiatry at the Yale School of Medicine. "But a newer generation, fueled by the Internet and other sophisticated delivery systems, is saying, 'We deserve to be heard, too.'"

About 5.7 million Americans over 18 have bipolar disorder, which is classified as a mood disorder, according to the National Institute of Mental Health. Another 2.4 million have schizophrenia, which is considered a thought disorder. The small slice of this disparate population who have chosen to share their experiences with the public liken their efforts to those of the gay-rights and similar movements of a generation ago.

Just as gay-rights activists reclaimed the word queer as a badge of honor rather than a slur, these advocates proudly call themselves mad; they say their conditions do not preclude them from productive lives.

(continued on page 3)

## Bruce Charles Johnson



### Featured Member-of-the-Month

- interview by Deb Gehrke

1. How long have you been a member here?  
- 2 years.
2. How does attending Cornucopia help you with your recovery?  
- I'm as recovered as I will get!
3. What do you like to do here?  
- I like to look up stuff on the internet & send emails. I also like showing my "Loony 'Toons" with my DVD player.
4. How long have you been in Madison?  
- Off & on since 1960 when I started school at the UW, where I'm still a senior student.
5. How did you find out about us?  
- A social worker at Porchlight told me about it so I came in & joined.
6. Are there other things you like doing here?  
- I like to talk with people & go to wellness group.
7. What do you gain from coming here?  
- Its really handy, I don't have to walk across the street to get to the internet.

Bruce is a very philosophical member who always has interesting things to say about the UW, from which he has a degree in bio-chemistry. He's also likes to show & discuss classic Bugs Bunny & Daffy Duck cartoons. To learn more about Bruce, read the article to the right that a past friend of his wrote in a blog.

**PERFECTION IS NOT ATTAINABLE.  
BUT IF WE CHASE PERFECTION,  
WE CAN ACHIEVE EXCELLENCE.**

- Vince Lombardi

## BRUCE JOHNSON:

Lover of People, Nature, & Edward Abbey Books

Slow Your Roll: Mad Props, vol. 12

2wheelspot.blogspot.com

Here was a man who fooled everybody that thought he was looney. Everyone from soccer moms, corporate dads, ambulance drivers, police officers, smug cyclists, & the village of Downer's Grove, IL were victims of a personality that exemplified humility & cradled enlightened individuality. Bruce was both an enigma & simple. Bruce was a paradox.

He could be seen on the hottest days & the coldest nights riding his Novara touring bike pulling a Burley trailer splendidly outfitted with colorful plastic butterflies on springs. He was always in his standard outfit of black t-shirt, shorts, & sandals. He occasionally wore hats too. My favorites were the ones with fake boobs on the front, & another that looked as if a duck had impaled his forehead with wings jutting out on both sides.

Other than the hats & usual ensemble, Bruce wore no other articles of clothing. No gloves. No jacket. No pants. And, absolutely, no socks. Ever. He had a disease that had swollen his ankles & couldn't comfortably wear shoes or socks. In the early days, we had nicknamed him "Ankle Man", which was perhaps something of a mockery at the time, but came to be a term of endearment.

Bruce often hung out at the Starbucks on Burlington & Main in Downers Grove. This was back when it was a cool place to hang out with good people & well-made drinks. He would talk aloud while reading the newspaper sometimes, sighing, "Ohh boy..." or "Did you hear about this...?"

Some folks would venture into conversation, others would pretend they didn't hear, most would ignore him. It seemed Bruce's appearance & uncommon cordiality would cause those who were uptight or prudish to become uneasy. The kids knew better, though. They hadn't yet succumbed to the veneer of frigid banality & fear of anything improvised.

My most memorable moment with Bruce was in that very Starbucks. I had raced down from Dixon, IL & crashed badly, but was well enough to drive home. I hadn't eaten & it was quite hot for a two hour drive home in a car with no air conditioning, considering the condition I was in. I stopped off at the Starbucks so I could get a drink as well as clean out my wounds a little better.

(continued on page 2)

(continued from page 1 - "Bruce ...")

As I grabbed my drink at the counter, I suddenly became dizzy & fell into a heap on the floor. I had fainted. As I came to, it was the beak of a duck that had impaled Bruce's skull that I awoke to. He told me to relax & lay still until the ambulance got there & announced to the small gathering of on-lookers, "I saved his life."

I remember one of the medics taking me away in the ambulance commenting that Bruce was "crazy". Unfortunately, the village of Downers Grove believed that, too. They evicted him from his home where he cared for his schizophrenic sister-in-law. The reason they gave was because the grass was perpetually "too long", thus condemning his home. Bruce's claim that it was a "prairie" didn't wash with them. They wanted him out. And with that, out went the both of them.

I'm not sure where his sister-in-law went, but Bruce mentioned he might go to northern Wisconsin. Presumably to be where some people were not, & he could sing the University of Wisconsin fight song aloud to his heart's content.

Mad Props, 'ol' Bruce. We hardly knew ya. And Downers Grove is a lesser city for it.

-posted by Strangelife at 9:06 pm on 4/3/08



As a photographer I am so happy to have snapped the elusive photo of Bruce. I hope to run into him one day & just have a blast chatting with him. What a character!

- posted by Ari at 7:59 am on 4/4/08

I visited Bruce in Madison, WI around 2001. (He was a proud graduate.) ... I haven't heard from him in years. The last I heard, the "people's republic of Madison" was paying to fix his ankles.

- posted by Geoff at 5:55 pm on 4/4/08

Hi Geoff,

I'm still here in Madison embedded on the UW-Madison campus living in the same building I did as a senior (1963-1964). I'm a block from the Chemistry building & 1 mile west of the Capitol.

I went to the annual UW-Madison Science Expeditions on Saturday. I have been laying around listening to Air America Radio today...

- posted by Bruce Johnson at 4:05 pm on 4/6/08

**Paula Deen: It Ain't All About the Cookin'**

-Deen, Paula & Cohen, Sherry S.

Simon & Schuster: New York, c. 2007

"What did I have, what was makin' me so scared that my heart about beat out of my chest? I just knew I was gonna die, knew my heart couldn't stand this kind of pressure ..." - p. 5

These are the first sentences in Paula Deen's memoir about her cooking & her health. Paula is the plump, Southern mama who cooks lavishly with butter, heavy cream, sweetened condensed milk, & deep-fried pork fat on her Food Network cable show, "Paula's Home Cooking". No, she's not describing a heart attack. She's talking about the panic attacks that plagued her from her twenties into her forties whenever she'd set foot outside her house.

For over twenty years this laughing, joking, extra-extroverted host of "Paula's Party" suffered from an anxiety disorder called agoraphobia that was so severe, she couldn't even take her beloved sons, Jamie & Bobby, to the park to play or attend their school functions. If you've ever seen either of her TV shows, she's the last person you'd suspect of having an anxiety disorder - she is so out there with her audience & her TV viewers, not a shy bone in her body.

As someone who has overcome & is still working on overcoming many phobias & social fears, I found Paula's memoir an inspiring story about her mental health recovery journey. Written the way she talks, with down-home recipes at the end of most chapters, Paula covers all the elements of the mental health recovery process I learned about while training with DBSA to become a certified peer support specialist.

I strongly recommend Paula Deen's book for both fun reading & educating book discussion. If you can't afford to buy it, check it out of the public library. Stop in to Cornucopia on Thu., June 26 at 12 noon for a brown bag discussion of her book & agoraphobia. And to taste a recipe from her book for the "Best Damn Blueberry Muffin You'll Ever Eat."

-LAQ

***A balanced diet is a cookie in both hands.***

- Paula Deen

**STIGMA IS...**

prejudice  
and everyone  
seems to experience it  
in various degrees.

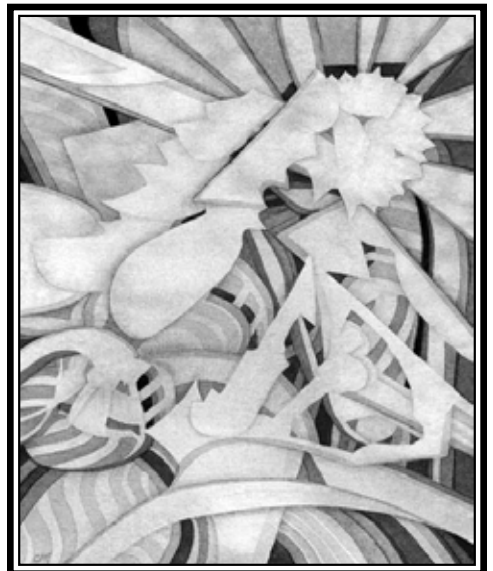
Even WASP men  
sometimes cringe  
in hurt.

Mentals stigmatize  
themselves & each other,  
as do people of color,  
as do the pale faces.

lynne morris 12/12/07



"Untitled" watercolor - Calvin McFarlane



"Untitled" watercolor - Calvin McFarlane

(continued from page 1 - "Mad Pride ...")

Mad pride events, organized by loosely connected groups in at least seven countries including Australia, South Africa and the United States, draw thousands of participants, said David W. Oaks, the director of MindFreedom International, a nonprofit group in Eugene, Ore., that tracks the events and says it has 10,000 members.

Recent mad pride activities include a Mad Pride Cabaret in Vancouver, British Columbia; a Mad Pride March in Accra, Ghana; and a Bonkersfest in London that drew 3,000 participants. (A follow-up Bonkersfest is planned next month at the site of the original Bedlam asylum.)

Members of the mad pride movement do not always agree on their aims and intentions. For some, the objective is to continue the destigmatization of mental illness. A vocal, controversial wing rejects the need to treat mental afflictions with psychotropic drugs and seeks alternatives to the shifting, often inconsistent care offered by the medical establishment. Many members of the movement say they are publicly discussing their own struggles to help those with similar conditions and to inform the general public.

"It used to be you were labeled with your diagnosis and that was it; you were marginalized," said Molly Sprengelmeyer, an organizer for the Asheville Radical Mental Health Collective, a mad pride group in North Carolina. "If people found out, it was a death sentence, professionally and socially." She added, "We are hoping to change all that by talking."

The confessional mood encouraged by memoirs and blogs, as well as the self-help advocacy movement in mental health, have deepened the understanding of bipolar disorder and schizophrenia. Books such as Kay Redfield Jamison's autobiography, "An Unquiet Mind: A Memoir of Moods and Madness," have raised awareness of bipolar disorder, and movies like "Shine" and "A Beautiful Mind" have opened discussion on schizophrenia and related illnesses. In recent years, groups have started antistigma campaigns, and even the federal government embraces the message, with an ad campaign aimed at young adults to encourage them to support friends with mental illness.

Members of MindFreedom International, which Mr. Oaks founded in the 1980s, have protested drug companies and participated in hunger strikes to demand proof that drugs can manage chemical imbalances in the brain. Mr. Oaks, who was found to be schizophrenic and manic-depressive while an undergraduate at Harvard, says he maintains his mental health with exercise, diet, peer counseling and wilderness trips — strategies that are well outside the mainstream thinking of psychiatrists and many patients.

Other support groups include the Mad Tea Party in Chicago and the Freedom Center in Northampton, Mass., which provides education, acupuncture, yoga and peer discussions to about 100 participants.

The Icarus Project, a New York-based online forum and support network, says it attracts 5,000 unique visitors a month to its Web site... Participants write and distribute publications, stage community talks, trade strategies for staying well and often share duties like cooking or shopping.

The Icarus Project says its participants are "navigating the space between brilliance and madness." It began six years ago, after one of its founders, Sascha Altman DuBrul, now 33, wrote about his bipolar disorder in The San Francisco Bay Guardian [and] received an overwhelming response from readers who had experienced similar ordeals, but who felt they had no one to discuss them with.

"We wanted to create a new language that resonated with our actual experiences," Mr. DuBrul said in a telephone interview.

Some Icarus Project members argue that their conditions are not illnesses, but rather, "dangerous gifts" that require attention, care and vigilance to contain. "I take drugs to control my superpowers," Mr. DuBrul said.

While psychiatrists generally support the mad pride movement's desire to speak openly, some caution a "pro choice" attitude toward medicine can have dire consequences.

"Would you be pro-choice with someone who has another brain disease, Alzheimer's, who wants to walk outside in the snow without their shoes and socks?" said Dr. E. Fuller Torrey, executive director of the Stanley Medical Research Institute in Chevy Chase, Md.

Dr. Torrey, a research psychiatrist who specializes in schizophrenia & manic depression, said he understood the roots of the movement. "I suspect that not an insignificant number of people involved have had very lousy care and are still reacting to having been involuntarily treated," he said.

Many psychiatrists now recognize that patients' candid discussions of their experiences can help their recoveries. "Problems are created when people don't talk to each other," said Dr. Robert W. Buchanan, the chief of the Outpatient Research Program at the Maryland Psychiatric Research Center. "It's critical to have open conversation."

Ms. Spikol writes about her experiences with bipolar disorder in The Philadelphia Weekly, and posts videos on her blog, the Trouble With Spikol (<http://trouble.philadelphiaweekly.com/>).

Thousands have watched her joke about her weight gain and loss of libido, and her giggle-punctuated portrayal of ECT. But another video shows her face pale and her eyes red-rimmed as she reflects on the dark period in which she couldn't care for herself, or even shower. "I knew I was crazy but also sane enough to know that I couldn't make myself sane," she says in the video.

In a telephone interview, she described one medication that made her salivate so profusely she needed towels to mop it up. "Of course it's heartbreaking if you let it be," she said. "But it's also inherently funny. I'd sit there watching TV and drool so much, it would drip on the couch."

Ms. Spikol said she has a kind doctor who treats her with respect, & she takes her pharmaceutical drugs to stabilize her mood. "I have asthma, and I use medications to maintain it, too," she said.

Ms. Saks, the U.S.C. professor, who recently published a memoir, "The Center Cannot Hold: My Journey Through Madness," has come to accept her illness. She manages her symptoms with a regimen that includes psychoanalysis and medication. But stigma, she said, is never far away.

She said she waited until she had tenure at U.S.C. before going public with her experience. When she was hospitalized for cancer some years ago, she was lavished with flowers. During periods of mental illness, though, only good friends have reached out to her.

Ms. Saks said she hopes to help others in her position, find tolerance, especially those with fewer resources. "I have the kind of life that anybody, mentally ill or not, would want: a good place to live, nice friends, loved ones," she said.

"For an unlucky person," Ms. Saks said, "I'm very lucky."

The New York Times - May 11, 2008



Wallet & ponytail holder tooled & stained by Sarah Dorsey in Leather Crafts class.



# COMMUNITY RESOURCES

## Survivors of Suicide 260-2700

2nd & 4th Tue. 7:00 - 9:00 pm

## Bridges Drop-In Grief Support 276-4060

Wed. 9:30 - 11 am or 6:30 pm @ Hospice Care Center

## 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 nearest certified crisis center in the network.

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## NAMI Dane County Support Groups 249-7188

[www.namidanecounty.org](http://www.namidanecounty.org)

United Way building, 2059 Atwood Ave., Madison

## Depression & Bipolar Support Alliance

Laure 241-5788 or Mindy 233-0303 or [dbsa@email.com](mailto:dbsa@email.com)

## Interfaith Depression & Bipolar Support 873-1638 Gary

Thu. 7:00 - 9:00 pm @ Christ Lutheran Church, Stoughton

## Madison Hearing Voices Group 446-0104

Thu. 2:00 pm @ MHCCG, room 14

[jennybrank@icloud.com](mailto:jennybrank@icloud.com)

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## Rainbow Connection 255-8582

Social group for LGBTQ people who have experienced mental illness.

2nd & 4th Thu. 4-5 pm @ Outreach, 800 Williamson St., Madison

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## Peer Support for Anorexia & Bulimia 274-7042

Tue. 7:00-8:30 pm @ Fleiter Building, 402 S. Gammon

## Overeater's Anonymous 663-8823

## Eating Disorders Friends & Family Support Group 276-7765

For those who have a loved one with an eating disorder

3rd Thu. 6:30 - 8:00 pm @ St. Mary's Hospital, room 4043

## Eating disorders support group 274-5115

Mon. 7:15 - 8:30 pm @ Covenant Presbyterian

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## Double Trouble 12-Step Study Meetings 438-1960

[www.doubletroubleinrecovery.org](http://www.doubletroubleinrecovery.org)

Mon. 6 pm @ St. Luke's Episcopal Church, 4011 Major Ave., Monona

## Mad Town Secular Recovery (from alcohol or drugs) 230-7045

Thursdays 8 pm & Sundays 9 am @ Vill-Mar Neighborhood Center

## Self-Management & Recovery Training 608-238-5176, ext. 365

Abstain from addictive behavior.

Wed. 7:00 - 9:00 pm @ Vill-Mar Neighborhood Center

## Alcoholics Anonymous 222-6669 [www.samedisonwi.org](http://www.samedisonwi.org)

## Narcotics Anonymous 258-1747 [www.bsdsgetandhs.org](http://www.bsdsgetandhs.org)

## Al-Anon & Adult Children of Alcoholics [www.soarwithitg.org](http://www.soarwithitg.org)

## New Directions Information Center 280-2674

For those seeking mental health or substance abuse services, including case management applications, prescription resources, plus lists of therapists & psychiatrists who take medicare, medicaid, or sliding fee.

## 2-1-1 (First Call for Help) Dial 2-1-1 or 246-4357

For people seeking housing, shelter, food pantries, & other community resources.

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## MOBT: Mobile Outreach to Seniors Team 280-2480 Pat Anderson

Promotes older person's social, emotional & physical well being by enabling them to live more independent, satisfying lives in a setting of their choice. Staffed by trained, experienced clinicians who are sensitive to the concerns of older people (55 or older).

## Hancock Center for Dance / Movement Therapy 251-0908

[www.hancockcenter.net](http://www.hancockcenter.net)

Integrated movement, expression & verbal discussion to explore such topics as self-worth, body image, & interpersonal relationships.

## Four Agency Cooperative Effort (Project FACE) 256-2358

Group therapy for Dane County residents: ADD, depression, fear, anger, aggression, loss, abuse, survivors, body image, addiction, & more. In English & Spanish.

## "Many Voices" [LynnW@manyvoicespress.com](mailto:LynnW@manyvoicespress.com)

Bi-monthly publication written by consumers. Words of hope for people recovering from trauma & dissociation. An information exchange for treatment providers & survivors of trauma & dissociative disorders.

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## Job Seekers' Network 242-4880

[www.danejobs.com](http://www.danejobs.com)

Free job search info & support.

Dane County Job Center, 1219 Aberg Av, room 6 in Madison

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## Domestic Abuse Intervention Services

24 hour crisis line @ 251-4445 or 1-800-747-6045.

## Rape Crisis Center 251-5126

[www.danecountyrc.com](http://www.danecountyrc.com)

24 hour crisis line at 251-7273 plus support groups for survivors of past or present sexual assault, incest, date rape, etc.

# CORNUCOPIA INTEREST FORM

I would like to:

- Be a member of Cornucopia for \$24 a year (includes newsletter, classes, & free use of most art supplies).
- Volunteer at Cornucopia. Please contact me about how I can become involved.
- Make a tax-deductible charitable donation of:  < \$25 friend  \$25 - \$50 donor  
(Cornucopia, Inc. is a 501c3 not-for-profit agency)  \$51 - \$100 supporter  > \$100 sponsor

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please detach & mail with check or money order payable to: Cornucopia, Inc. at  
306 N. Brooks St., Madison, WI 53715-1002

Thank you.



## Cornucopia 2008-2009 Board of Directors:

Debbie Gehrke, President \* Steven Thomas, Vice President \* Adam Malueg, Treasurer \* Sarah Dorsey, Secretary  
Dylan Abraham, Lynn Brady, Kevin Foster, Barbara Grimm, Karen Herro, Richard Johnson, Yura Yasui

OFFICE: vacancy, Executive Director  
STAFF: Bill Kuban, Business Manager  
Laure Guhart-Raymakers, Program Director

## Last Month's Volunteers:

### Art Teachers:

Deb Gehrke, Deb Griffith, Aaron Kempf, Jesi Klabak,  
Dana Romano, & Scott Tremel

### Wellness Leaders:

Karen Herro, Anna Wheelock, & UW-Madison's  
Occupational Therapy students

### Office & Peer Support:

Sarah Dorsey, Deb Gehrke, Barbara Grimm, Deb Kelly,  
Adam Malueg, Paul Nason, Jon Szkil, & others.

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Grassroots  
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program  
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Pizzas for the townhall meeting at the end of  
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Pizza Pit, Pizza Extreme

This newsletter is printed on recycled paper by inmates of Columbia Correctional Institution, working through Badger State Industries.

# CORNUCOPIA JUNE ACTIVITIES' DESCRIPTIONS

## GAMES GROUP

Monday & Friday mornings, 10-12

Play different games like Yahtzee, Trivial Pursuit, Scrabble, cards, checkers, or chess. Bring a favorite game to play if we don't have it here.

## MIXED MEDIA Class with Jesi

Mondays, 1:30 - 3:00 pm

Explore different methods of printing, painting, & drawing. Or sculpt paper masks or other objects using a variety of materials.

## CLAY & SCULPEY with Dana

Tue. mornings, 10:00 - 12 noon

Handbuild & glaze red clay cups, bowls, or sculptures that will be fired at the UW's kiln. Or, make beads or mini sculptures with sculpey clay that will be baked here in a toaster oven.

**Dana's last day** at Cornucopia is June 24. Come wish her well for her new life in Chicago. Fat-free, sugar-free angel food cake with fresh fruit will be served.

Andy Boardman will start teaching the class on July 1st.

## DRAWING Class with Sam

Tuesdays, 1:00 - 2:00 pm

Create drawings using a variety of techniques involving pencil, pastel, ink, color, charcoal, & chalk.

## Anna's SOHL Support Class:

Self Discovery Activities in a Supportive Setting

Tue., June 10 & 17, 5:30-7:00 pm

We will be learning about DBT - Dialectic Behavioral Therapy (very close to cognitive-behavioral therapy).

Topics may include (but aren't limited to):

- *Mindfulness Skills*  
(learning to be in control of your mind, instead of letting your mind be in control of you)
- *States of Mind*  
(“what” skills versus “how” skills)
- *Interpersonal Effectiveness*  
(factors that reduce interpersonal effectiveness, myths about interpersonal effectiveness, cheerleading statements for interpersonal effectiveness)
- *Options for Intensity of Asking or Saying No*  
(factors to consider in deciding & getting what you want)
- *Guidelines for Self-Respect*  
(keeping your respect for yourself)

## DO-IT-YOURSELF CRAFT WORKSHOPS

Workshops do not have volunteers yet to teach members how to make the craft.

Books & supplies will be put out on the table in the main room for people to teach themselves how to make the following crafts:

## COLLAGE & DECOUPAGE

Tuesday afternoons, 2-4 pm

Cut or tear pictures & words from magazines, or unclaimed artwork that's being recycled, to create new art of your own or to decorate boxes, cans, or other objects.

## KNITTING CIRCLE

Tuesday afternoons, 4-5 pm

We'll supply the yarn, knitting needles, knitting looms, & crochet hooks. Knit hats, scarves, afghans, etc.

## GREETING CARDS & SCRAPBOOKING

Wednesday mornings, 10-12

Make greeting cards or scrapbook pages for photos out of paper, rubber stamps, recycled materials, etc.

## JEWELRY MAKING

Thursday mornings, 10-12

Make necklaces or bracelets with beads, strings, & clasps. We also have fittings for earrings & pins.

If there's another craft you'd like to learn (like rug hooking, embroidery, rosemaling, soapmaking, tie-dyeing, woodcarving, driftwood sculptures, papier mache, etc.), let us know & we'll get the supplies & project instructions for you, as well as try to find some volunteers to teach.

## TEMPORARY CLASS CHANGES:

WELLNESS will not meet in June.

Karen H., BSN, RN will resume her wellness class on Wed., July 2nd.

Leathermaking class will not be meeting for the summer.

Debra Griffen will be back in September to teach this class on Thursdays.

## President Debbie's Classes:

### BEGINNING WATERCOLOR

Wed., 1:00 - 3:00 pm

Learn beginning watercolor techniques while painting a picture of your choice from your imagination or a magazine photograph.

### DRAWING TECHNIQUES

Wed., 3:00 - 4:00 pm

Continue work on drawing facial expressions.

### RESUME WORKSHOP & COMPUTER TUTORING

Thurs., 1:30 - 3:00 pm

Tutoring on how to type a working resume on the computer, as well as an appropriate cover letter. Bring a draft & a some references if possible. Will print final copy on quality paper.

I'm also available to tutor on resume writing & computer use by appointment.

### BEGINNING QUILTING

Thursdays, 3:00-5:00 pm

In June, we'll start by designing a small, 9-patch potholder. Learn cutting & piecing. Choose from over 5,500 quilt block patterns or design your own block. Future projects will include quilting a pillowcase, a T-shirt design, and a small lap quilt.

### KARAOKE & Sing-a-Long

Friday afternoons, 1-2:30

Come sing with the karaoke machine or on your own. Guitar players & other musicians welcome to play, too. Hey, let's start up a Cornucopia lip-sync, air-band! Volunteer needed to set up karaoke machine.

### OPEN STUDIOS

These are times when no classes are scheduled. Members can do art on their own, play games or use the computer.

Computer & internet use is every day from 10:00 am to 3:00 pm.

### PLAY BALL! Or, Better Yet, Watch Mallards Play Baseball

We have 10 free tickets (including a free hot dog & soda) to a Mallard baseball game in, thanks to the Bucky Book organizers. To get a ticket, pick up from Cornucopia & bring to Warner Park to redeem for a bleacher ticket of any Mallards game in June.

# Cornucopia June 2008 Activities Calendar

<b>MONDAYS</b> 10am - 3pm	<b>TUESDAYS</b> 10am - 7pm	<b>WEDNESDAYS</b> 10am - 4pm	<b>THURSDAYS</b> 10am - 5pm	<b>FRIDAYS</b> 10am - 3pm
<p>GAMES Group 10-12</p> <p>Play for fun games including Yahtzee, Scruples, Upwords, Trivial Pursuit, cards, checkers, chess, or the ever popular Scrabble. Play inside Cornucopia, in the lobby with the Porchlight residents, or outside at the picnic table in the back.</p>	<p><b>CLAY Class</b> 10-12 with Dana</p> <p>Build &amp; glaze red clay sculptures for firing; or, roll beads &amp; faces out of sculpey clay.</p> <p><u>Dana's last day is June 24th.</u> Come wish her well in Chicago &amp; share going away cake.</p> <p>Andrew Boardman will be the new clay teacher starting July 1st. Same time, same place, "same bat station" :)</p>	<p>CARD MAKING &amp; SCRAPBOOKING 10-12 Main Room</p> <p>Create greeting cards or scrapbook pages for your photographs.</p>	<p>JEWELRY MAKING 10-12 Main Room</p> <p>String necklaces or bracelets with beads. We also have settings to make earrings &amp; pins.</p>	<p>GAMES Group 10-12</p> <p>Play for fun games including Yahtzee, Scruples, Upwords, Trivial Pursuit, cards, checkers, chess, or the ever popular Scrabble. Play inside Cornucopia, in the lobby with the Porchlight residents, or outside at the picnic table in the back.</p>
<p>Open Studio Art on Your Own 12:30-1:30</p>	<p>Open Studio Art on Your Own 12:30-1</p>	<p>Open Studio Art on Your Own 12:30-1</p>	<p>Open Studio Art on Your Own 12:30-1:30</p>	<p>Open Studio Art on Your Own 12:30-1</p>
<p><b>MIXED MEDIA ART CLASS</b> 1:30-3 with Jesi</p> <p>Explore different methods of printing, painting, drawing, &amp; sculpting. Make paper masks, pictures, or other artwork using different materials.</p>	<p><b>DRAWING CLASS</b> 1-2 with Samantha</p> <p>Learn how to draw pictures using pencils, pastels, ink, &amp; charcoal.</p>	<p><b>BEGINNING WATERCOLOR CLASS</b> 1-2:30 with Debbie</p> <p>Learn beginning watercolor techniques while painting a picture of your choice from your imagination or a magazine photo.</p>	<p><b>RESUME WRITING &amp; COMPUTER TUTORING</b> 1:30-3 with Debbie</p> <p>Tutoring on how to type a working resume as well as an appropriate cover letter. Bring a draft &amp; reference information if possible. Tutoring on how to use different computer programs plus the internet.</p>	<p>KARAOKE Sing-a-Long 1-2:30 in Gallery</p> <p>Sing to the karaoke machine, a cd/tape, or from written words of your favorite song. Guitar players welcome as well as other musicians.</p>
	<p><b>COLLAGE &amp; DECOUPAGE</b> 2-4 Main Room</p> <p>Cut or tear pictures &amp; words from magazines to create new pictures or to decorate boxes, cans or other objects.</p>	<p><b>BEGINNING DRAWING CLASS</b> 2:30-4 with Debbie</p> <p>Continue work on learning how to draw different facial expressions.</p>		<p><b>BEGINNING QUILTING CLASS</b> 3-5 with LaureQ</p> <p>Learn cutting &amp; piecing while sewing a 9-patch potholder, to start.</p>
<p>CLOSED</p>	<p>KNITTING CIRCLE 4-5 in Main Room</p> <p>We have different knitting needles, crochet hooks, knitting looms, &amp; plenty of yarn.</p>	<p><b>NO WELLNESS in June</b></p> <p>Class resumes on July 2nd. - Karen H.</p>	<p>CLOSED</p>	<p>CLOSED</p>
	<p><b>SOHL SUPPORT CLASS</b> 5:30-7 with Anna June 10 &amp; 17 only</p> <p>DBT self discovery activities.</p>		<p>CLOSED</p>	

**Daily COMPUTER & INTERNET use from 10:00 am to 3:00 pm.**

Art & other activities  
 Involving  
 Programs  
 Operated  
 Consumer  
 through  
 and Peer Support  
 Recovery  
 of Mental Health  
 Center

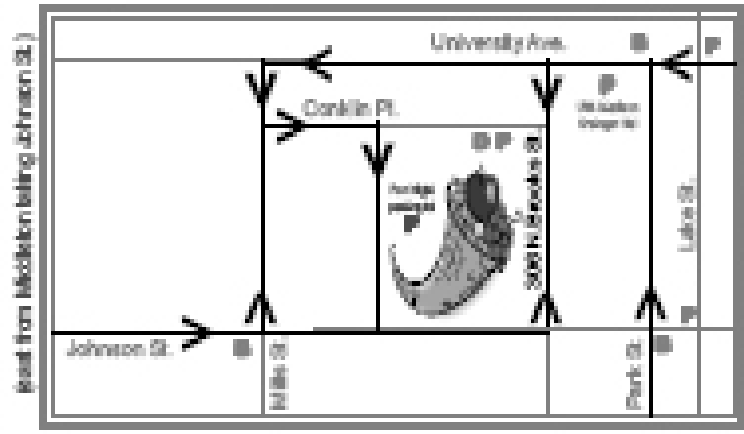
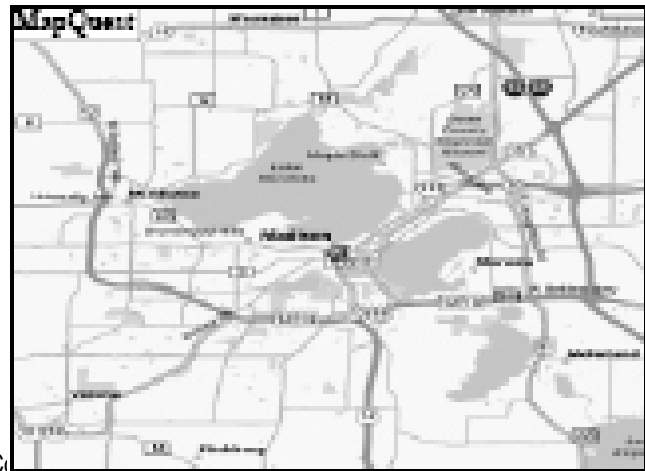


CORNUCOPIA, INC.  
 306 N Brooks St  
 Madison WI 53715-1002



How to find Cornucopia  plus parking, etc.

- Cornucopia is located at 306 N. Brooks St. (on the 1st floor by the vending machines in the red brick Porchlight building).
- Limited parking is available in back (enter off Mills St. on to Conklin Pl. & turn right into parking lot behind Porchlight).
- Cornucopia only has 2 parking passes. Cars without passes will be ticketed, plus cars parked behind the church next door.
- There is one disabled parking (or )space near the dumpsters to the right of Porchlight.
- Parking (r) may be found at the meters on Brooks St. & within 3 blocks of Cornucopia at metered UW ramps & hourly city ramps.
- Paratransit & taxi drop off & pick up is at Porchlight's side door on Conklin Pl.
- Metro buses (a) make frequent stops within one block of Cornucopia on University Ave. and W. Johnson St.
- Bicycle racks are in front & in back of the Porchlight building.
- Members & visitors must schedule their own rides & fares. Cornucopia is not responsible for missed rides or parking tickets.



(east from Madison taking Johnson St.)

(west from Madison taking Johnson St.)

(north from Fitchburg taking Park St. exit from left lane)







