

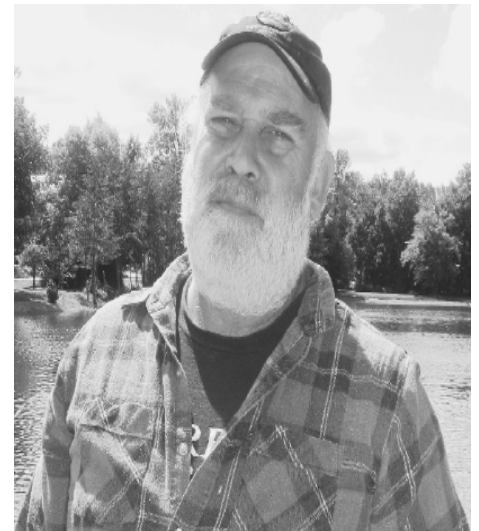


**FOOD & FUN** at Cornucopia's summer potluck picnic in Sep. We danced the hula, played Scrabble (of course), and cuddled Mary Beth's new puppy, Annie.



Mark your calendars for our next fun social event - the Halloween Eve party on Oct. 30.

- photos by Mary Beth Cassidy





## **WORDS of WISDOM**

from Cornucopia's Executive Director

Summer is over. We celebrated another year with our Potluck Picnic at Tenney Park on the 6th of September. We had a nice showing of members and we all had a great time. Brats and hotdogs were accompanied by many lovely dishes contributed by picnic goers. Members played scrabble, enjoyed conversation with friends, old and new, and ended the event by singing a few songs... dance moves included!

Fall is a wonderful time here in Madison, Wisconsin. Summer's bounty is available at our local Farmer's Markets where our communities gather to enjoy the cornucopia of produce available from local sources. It is a joy to see people out in numbers enjoying the crisp days of autumn and supporting Wisconsin producers. Students are back at school and the thrill of learning is in the air at the nearby campus. The leaves are changing color. Soon we will enjoy a brilliant display of vibrant colored trees...

Autumn, the "season of bounty, learning and color" surely is the season that most resembles our organization, Cornucopia.

•As for bounty... we have signed up quite a few new members and received generous donations..

•As for learning...our new classes are now in full swing. Jewelry Making with Deb G and Courtney S. has proven to be a favorite of our members. Quite a few folks have enjoyed Watercolors with Lisa F. Creativity abounds as writers meet with Laure Q to put pen to paper. You can read some of their poetry in this issue.

•And color... of course, is one of the key components of artistic expression. Color's varying shades and hues put together in an artistic creation are much like the diverse members who come together to make up Cornucopia.

I'd like to personally thank our Sponsors, United Way of Dane County and the Grassroots Empowerment Project. I'd also like to thank the various donors who graciously share with us through financial contributions and donations of art and craft supplies, office furniture and even coffee! I'd also like to extend a warm welcome to our new members.

Mary Beth Cassidy

## Honoring Their Super Heroes

The feast table started at 4:30 with yummy hor d'oeuvres. The eats were very good. Then at 5:10 the Okinawan Taiko Drummers of Wisconsin did a very fun dance with a dragon and the beat of the drum. Next around 5:30 Comfort Wasikhongo said a big welcome to us. She had said to all of us thanks for showing up. And it was really hard to find parking there, too.

So then the next person to talk was April Scheel at 5:35. She introduced the keynote speaker, Ed Garvey. Ed talked a long time about history. The ending was on Rosa Parks and how she stood up to society. She had made a change for the better of the future!

The wind was breezy as your next super heroes started out their stories. The first to tell her story was Sheila Coffey, of the many years at Y.H. and the ups and downs she went through.

The second one to step up to the plate was Cheri Bredeson to tell us all about her going to school at M.A.T.C. with the help of both D.V.R. and Y.H. She's in the Graphic's program right now and still has a little more to go to finish.

The last one to hit a home run was Ava Martinez, boy did she hit one out of the ballpark! She talked about completing her T.E.P. job at N.A.M.I. and then she had got hired there at the N.A.M.I. program called the Consumers Counsel. Ending the grant time, she went to FL for a vacation and got a call while there, asking if she wanted to come back and stay working. That was a year ago. Thanks to Y.H. for Ava Martinaz.

Last At 6:20, David LeCount did do a great job of saying thank you to The Friends of Y.H. Thanks!

What a wonderful time it was to see all my old friends again.

- Debbie J. Gehrke



"Cow" watercolor painting by Deb Gehrke

## HORATIO

Horatio was a seven foot rabbit, no relation to "Harvey", [Jimmy Stewart's] invisible rabbit. Horatio was taller, very visible, and always had on his arm the beautiful vixen in blue (a Marlene Dietrich look-alike) named Lola-Lola.

Horatio also had multiple personalities and he would meet his other animal friends at the local cabaret to tell them of his (mis)adventures.\* ... Horatio's stories about the jams his multiple personalities got him into were always hysterical. In fact, one of them once got into a "jelly", so to speak. Jelly shoes to be exact.

A 1980's sort of personality named "Donna" wanted a pair of beautiful green jelly shoes infused with yellow glitter. She had never seen such beautiful shoes and they were only .99¢. So "Donna" put them on and danced as daintily as a seven foot rabbit could. She stuffed a one dollar bill down the pants of a startled clerk, kissed him on the nose, and danced and twirled outside.

Lola-Lola tried to keep up with the dance moves but tripped all over herself. "Donna" giggled and helped her to her feet. Then together they marched to Yogi Bear's Jellystone Park where they fished for Swedish Fish (chewy candies shaped like fish bought in a store). "Donna" didn't know this. They fished for hours catching nothing but snickers from the pond fish since their bait was pieces of Snickers bars.

All his friends laughed especially at that misadventure. Then Horatio clumped his feet on the table they all sat at, to show off the fancy jelly shoes he decided to keep because they were so comfortable. Everyone liked them so much they all went out and bought a pair, too. Now they're known as the "Jelly Shoe Crew".

- Barbara Stangler

\* Horatio's friends:

Hodgett the Badger with his hair trigger temper and a propensity for Buttered Popcorn Dum Dum Pops.

Prilomin and Prozekial Prairie Dogs who loved digging up the dirt on everybody while spouting Will Rogers quotes like, "Live in such a way that you would not be ashamed to sell your parrot to the town gossip". And they gleefully recounted how Will Rogers once told his niece while looking at the Venus de Milo, "See what will happen if you don't stop biting your fingernails?"

Jemima, the one foot tall rabbit who could flatten himself out like a pancake and mimic Mrs. Butterworth.

Taffy the Tarantula, a hairy cobalt blue spider who could stretch her legs five feet to grab unsuspecting insects (food to her).

O'Hara the Scarlet Macaw who at the age of 75 dispensed with loud screams now and then as she attempted to crack open walnuts with her great beak. Horatio would patiently wait until her screams subsided while Lola-Lola ho-hummed and filed her long, periwinkle blue nails.

## WHAT AUTUMN MEANS TO ME

Well, here it is again,  
kind of and kinda not  
a season of grandstand.

Autumn is my favorite time of year  
and I hold this season in my heart  
to be, "Oh! So dear!"

Nothing amounting to frivolity  
or anything wild.  
Just a cherishing of this season  
since my years as a child.

The bright blue skies  
and the nippy, breezy air  
can set one in good spirits  
as attending a country fair.

For me personally – I denote autumn  
as the season of love  
straight from the heart –  
blessed from Heaven above.

- Lovette Powell

## UNTITLED

As the leaves change  
Its time to arrange  
Our hearts and homes.

For the fall season  
There's a reason  
For the breezy,  
freezy weather.

As it rains the colors  
Of red, yellow, brown,  
There's no need to frown.  
Halloween will come to town.

And I think of  
"It's the Great Pumpkin"  
And not of "country bumpkin".

- Adam Malueg

## IT'S TIME FOR FALL

It's time for fall  
the air is cool,  
sun shines bright,  
back to school.

Leaves are turning,  
colors abound,  
whirling wind,  
all around.

Football season,  
raking leaves,  
that have fallen,  
from the trees.

It's time for sweaters,  
to keep us warm,  
and protect us,  
from autumn's storms.

So enjoy the fall,  
it's here again,  
we know it's here,  
like way back when.

- Dylan Abraham

## AUTUMN HAIKU

horse drawn hayrides thru  
coppery pumpkin patches  
'neath vivid blue skies  
squirrels scooting along  
gathering hickory nuts  
as they fall to earth

amber, red, golden  
orange leaves falling softly  
cool autumn breezes  
toasted marshmallows  
held o'er a crackling bonfire  
chewy, gooey – YUM!

- LaureQ

## **WISCONSIN WOMAN FORCED TO TAKE PSYCHIATRIC DRUGS**

MindFreedom Shield Alert - by Jeremy Bensman  
(last modified 8-21-08, 7:32 pm)

Felice Debra Eliscu is an artist who says that years of forced psychiatric drugging make her want to harm herself, and she wants other alternatives provided. Felice is a 42-year-old member and volunteer with MindFreedom International who is currently locked up in Winnebago Mental Health Institute near Oshkosh, Wisconsin.

### **FELICE'S FORCED DRUGGING: THE STORY IN BRIEF**

A lot of her current troubles started in 2001 when she got into a dispute with a correction's officer, and she was charged with assault. She was found "not guilty by reason of insanity" and spent several years locked up in the Winnebago psychiatric institution where she was forcibly drugged. She was let out about three years ago under a program called "conditional release" where she had to agree to take powerful psychiatric drugs, perhaps for the rest of her life, in exchange for her freedom.

Felice says, "When I was let out of the institution I was prescribed six or seven psychiatric medications. My face started to twitch on Abilify, so I stopped taking it."

Even though she says her psychiatrist supported her decision to quit Abilify, she said other parts of her psychiatric team wanted her to continue taking such powerful neuroleptic or "antipsychotic" psychiatric drugs. She said her outpatient forced drugging was monitored by Lutheran Social Services, which even has religious content in their printed material for the program. Felice said at one point three college students were hired, and one by one, they would drop by each and every day at Felice's home to watch her take her psychiatric drugs at 8 am, noon and 4 pm.

On 6 August 2008, after taking the bunch of pills, Felice was admitted based on what was seen as a suicide attempt, which is a violation of her conditional release.

"All the forced drugging finally freaked me out," says Felice. "Last week I took a bunch of pills. I didn't mean to kill myself. I meant it as a radical statement. I'm worried I'll lose everything. The mental health system runs everything, my housing and my possessions. They even own the parking lot where my vehicle is parked. I want the forced drugging to stop. I want help, but I don't want forced psychiatric drugging."

### **MINDFREEDOM SHIELD ALERT ACTION:**

Felice just wants the forced psychiatric drugging to stop. Such forced drugging happens to thousands of Americans each year. But Felice is signed up on the MindFreedom Shield, which means that when threatened by forced psychiatry she can activate an alert network reaching hundreds of MindFreedom members. Felice is activating the MindFreedom Shield, and asking everyone to contact the Governor of Wisconsin via the web to say, "NO!"

MindFreedom has issued a human rights MFI Shield alert. Felice asks that people contact Wisconsin Governor Jim Doyle via his web site. Sample message -- your own words are best:

"Stop the forced psychiatric drugging of artist Felice Eliscu at Winnebago Mental Health Institute! Provide humane alternatives to forced psychiatric drugging, which is causing trauma to Felice!"

Felice is part of the MindFreedom Shield program. For more info on that, including a list of those signed up on the Shield directory, see [www.mindfreedom.org/shield](http://www.mindfreedom.org/shield)



### **SOCIAL INJUSTICE**

by Felice Eliscu

"On August 16, 2000, my two daughters (then 8 & 12) were removed from my home and placed in foster care. My oldest at this point had run away 5 times. This is what I have had to deal with up to present. I drew this while I was a patient at (WMHI) Winnebago Mental Health Institute, a state hospital in Oshkosh, WI. When I drew this, she was on the run. To this day, the state of Wisconsin still has custody of my youngest daughter, now 15½. I still have legal guardianship but I do not have any visitation."



Felice Debra Eliscu is a unique and creative individual with an interest in metaphysical art, which you can see at [www.kabbalart.com](http://www.kabbalart.com)

## **PSYCHIATRY GROUPS CALL TV SHOW DANGEROUS EXPERIMENT**

A new reality show in which teenagers "borrow" infants & toddlers to see what it's like to be a parent draws condemnation from psychiatrists who treat children.

NBC television may call its reality show "a new social experiment" but the American Academy of Child and Adolescent Psychiatry (AACAP) have a few other choice words to describe "The Baby Borrowers."

On the show five adolescent couples become temporary "parents" to "babies, toddlers, pre-teens & their pets, teenagers, & senior citizens." The babies & children are lent to the show by their parents; the babies are aged 6 months to 11 months. The parents, some of whom are teenagers themselves, "are stationed next door," NBC explained, "watching via monitor & able to step in at any time."

After the teen couples "parent" the baby for three days, the babies are returned to their real parents, & the teens then get a toddler, & so on. The goal of the show, the network says, is to show these teens what the future will hold when they reach adulthood & to make them assess whether they want a future with their current boyfriend or girlfriend.

The network considers the show "an intriguing social experiment."

APA President Nada Stotland, expressed outrage at the show in a July 28 press release, stating that "APA deplores the use of babies & toddlers as props or experimental subjects for a television program."

"It is inappropriate & sometimes harmful to remove very young children from their families and familiar environments," Stotland emphasized, "and the level of harm may not be apparent on simple observation. Since the program is meant to reveal whether the 'borrowers' are competent to care for these children, at least some of the children will have been exposed to incompetent & confused caregivers & to whatever problematic situations arose as the caregivers struggled with each other."

AACAP also found little to like in the show, emphasizing in a July 2 letter from AACAP to the president of NBC Universal, that "separating babies & toddlers from their caregivers for extended periods of time can lead children to feel distress & anxiety. After prolonged separation," AACAP said, "a child can feel distrust for his or her primary caregiver. This can damage a healthy attachment & a child's sense of safety and security."

Because of the serious potential that infants & toddlers could be harmed, AACAP has called on NBC to stop airing the show, stressing that the network should not be gambling with a child's sense of security.

"Although it is laudable to educate teens about the great responsibility of parenting, a more constructive approach would have been to have the teenagers shadow a family of a toddler or baby, keeping parents close," AACAP suggested.

Stotland called on NBC to refrain from ever rerunning the show & "to use every means to discourage the use of episodes in parenting classes or other venues where they might well be shown."

Ken Hausman  
Psychiatric News,  
September 5, 2008  
Volume 43, Number 17, page 6

# CORNUCOPIA INTEREST FORM

I enjoyed your newsletter and would like to:

\_\_\_\_\_ Become a member of Cornucopia, Inc. for \$24 a year (renewable every January).

\_\_\_\_\_ Make a tax-deductible charitable donation to your 501c3 nonprofit organization.

\_\_\_\_\_ < \$25 friend

\_\_\_\_\_ \$25 - \$50 donor

\_\_\_\_\_ \$51 - \$100 supporter

\_\_\_\_\_ > \$100 sponsor

\_\_\_\_\_ Volunteer at Cornucopia, Inc. Please contact me about how I can become involved.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

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Please detach and mail with check or money order payable to **Cornucopia, Inc.** at:

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Thank you.



**Our Mission Statement:** Cornucopia, Inc. is an arts and wellness activities center run by and for people who have mental health issues. Through peership, we celebrate creativity and diversity. We promote growth and dignity by helping members develop individual strengths and talents which build upon self-directed recovery goals and community life skills.

**Membership:** Cornucopia membership is open to anyone 18 or older (including family members, friends, and allies) who is living with mental health concerns. We do not discriminate against anyone based on age, gender, religion/spirituality, race/ethnicity, disability(ies), appearance, LBGT, economic status, co-occurring disorder(s), or psychiatric diagnosis, including personality disorders. No one needs to disclose their illness(es) in order to join. Membership dues are \$24 per year, renewable each January, and includes the monthly newsletter, classes, computer use, and open studio use of most art supplies.

## Cornucopia 2008-2009 Board of Directors

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Bonnie Benson, Thomas Cassidy, Ron Diamond, Klara & David Dorsey, Deb Griffith, Barbara Jacobs, Dave Johnsen, Madison Festivals, MicroSoft Community Affairs, Play Time Productions, Bill Pleytes, Lovette Powell, & WI Assoc. Adult Family Care.

We also thank the following volunteers:

Teachers: Mary Beth Cassidy, Lisa Franken, Deb Griffith, Karen Herro, RN, Carol Jokinen, LaureQ, Courtney Smith, Anna Wheelock, & Allison Wojnar.

Debra Kelly, Jon Szkil, Adam Malueg, & Deb Gehrke.

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### A COUPLE THINGS TO NOTE:

**Mental Illness Awareness Week is October 5-11.** To kick off Mental Illness Awareness Week, NAMI Wisconsin is presenting the HEALING ARTS Show at their offices throughout the week. Several Cornucopia Members have contributed art to this show.

The Wrap Class (Wellness Recovery Action Plan) mentioned in the August Newsletter will be conducted in the spring.

**GEP is holding its Annual Consumer Conference**, "Breaking New Ground and Moving Forward in Recovery" on Monday and Tuesday, **November 17 and 18**, 2008. If you'd like to attend but are low on funds, please contact us. We have some funds available to cover member's registration fees.

We have hired Joshua Martin to help us with our newsletter. We apologize for any inconvenience late newsletters may have caused. We would love your feedback on Cornucopia Chronicles. We'd love it if you'd share any comments you might have.

**Dia de los Muertos / Post-Halloween Party on Sun., Nov. 2, 3:00 - 6:00 or so.** Food, games & videos.



Tie-dye t-shirts created with kool-aid in the textiles class.